



St Helena  
Government

Health Directorate  
Jamestown  
Saint Helena Island  
SAO  
STHL 1ZZ

Email. [janet.lawrence@sainthelena.gov.sh](mailto:janet.lawrence@sainthelena.gov.sh)

**DATE**

For the attention of:

**NAME**  
**ADDRESS**

Dear **NAME**

### **Quarantine Upon Arrival**

You arrived in St Helena by air on **DATE OF FLIGHT ARRIVAL.**

In accordance with Regulation 4(1) of the Public Health (Prevention of Formidable Diseases) (Coronavirus No.2) Regulations 2020 you are legally required to quarantine on entry to St Helena for a period of 14 days after your date of arrival.

### **Testing for COVID-19**

In accordance with Regulation 4(2C) of the Public Health (Prevention of Formidable Diseases) (Coronavirus No.2) Regulations 2020, you must submit to testing for coronavirus by a proper officer or medical officer as and when so required by the proper officer.

The proper officer requires you to be tested for coronavirus on arrival to St Helena and to be tested for coronavirus again on Day 14 of quarantine.

Both tests will be a COVID-19 nasal swab test.

If you test negative for coronavirus on arrival it is still possible to present with symptoms of coronavirus up to Day 14. Therefore even if you test negative for coronavirus on arrival you will not be released from the legal requirement to quarantine for 14 days or the legal requirement to be tested again for coronavirus on Day 14.

Quarantine under regulation 4 will be deemed not to have been completed by a person until that person has been tested for coronavirus and is confirmed to be negative, unless the Director of Health directs otherwise.



FAIRNESS



INTEGRITY



TEAMWORK

St Helena Government, St Helena Island, South Atlantic Ocean, STHL 1ZZ

[www.sainthelena.gov.sh](http://www.sainthelena.gov.sh)

The requirement imposed by a proper officer to submit to testing for coronavirus is a **mandatory** requirement, but the proper officer may exclude certain persons from the requirement to test, such as

- arrivals to St Helena from Ascension Island as Ascension Island is currently considered low risk;
- children aged 10 years or younger; and
- transit passengers departing St Helena within 24 hours.

The results of your tests for coronavirus will help us to better manage your stay in quarantine. Results will be available within 24 hours.

It is a criminal offence under Regulation 8 to refuse to submit to testing for coronavirus as directed by a proper officer in accordance with Regulation 4(2C) without reasonable excuse (the burden of proving which is on the person).

The maximum penalty is a fine of £5,000 or imprisonment for six months or both. If at the time of committing the offence the person knew that he or she was infected or contaminated with coronavirus the maximum period of imprisonment is increased to 12 months.

### **Location of Your Quarantine**

Having evaluated your pre-assessment form the proper officer has directed, in accordance with Regulation 4 that you must quarantine for 14 days at **ADDRESS.**

This means that you must remain in quarantine at this location and avoid mixing with the community.

### **Breaches or attempted breaches**

A breach or attempted breach of quarantine or of a condition of quarantine, or assisting a person to breach or attempt to breach quarantine or a condition of quarantine is a criminal offence contrary to Regulation 8 of the Public Health (Prevention of Formidable Diseases) (Coronavirus No.2) Regulations 2020.

The maximum penalty is a fine of £5,000 or imprisonment for six months or both. If at the time of committing the offence the person knew that he or she was infected or contaminated with coronavirus the maximum period of imprisonment is increased to 12 months.

It is a criminal offence to knowingly and without reasonable excuse (the burden of proving which is on the person) enter or attempt to enter a location where a person or persons are in isolation in accordance with the Public Health (Prevention of Formidable Diseases) (Coronavirus No.2) Regulations 2020.

A proper officer or a police officer may detain a person who breaches quarantine, attempts to breach quarantine or in respect of whom a proper officer or police officer has reason to believe will breach or attempt to breach quarantine in accordance with

Regulation 10 of the Public Health (Prevention of Formidable Diseases) (Coronavirus No.2) Regulations 2020.

### **Managing Your Quarantine Period**

You will be contacted by a member of staff on a daily basis to monitor your condition during the quarantine period. You are under no legal obligation to take part in this health monitoring process but your assistance would be greatly appreciated so that the Health Directorate can monitor your condition in the interest of public health. It would also give you the opportunity to seek information and assistance from the Health Directorate and you would hopefully find this helpful and reassuring.

A leaflet with information on the precautions you need to take is enclosed.

Please be reminded that you should adhere to hand washing and respiratory etiquette and avoid touching your eyes, mouth and nose.

The symptoms of COVID-19 infection include:

- dry cough
- fever
- shortness of breath
- difficulty breathing
- other flu like symptoms

If you develop any of the above listed symptoms during the 14-day period, please isolate in a separate room and keep the door of the room closed as much as possible. Please notify us of this immediately by calling the on-call doctor on the hospital number which is 22500.

If you show signs of difficulty breathing or shortness of breath becomes worse please phone the hospital on 22500, clearly state that you are in isolation and ask to speak to a doctor or a nurse.

If you require medication or any other support or assistance including support for your mental health please raise this during your daily contact with healthcare staff.

Your patience and understanding is greatly appreciated.

Yours sincerely,

Janet Lawrence  
Interim Director of Health

I **NAME** acknowledge that I have received this letter, that I have read this letter and /or have had this letter read to me and that I understand the contents of this letter.

Date: **DATE OF FLIGHT ARRIVAL**

Signature: .....