

## COLONSAY VISITOR GUIDELINES

### Ongoing precautions against COVID-19

“If you are planning to travel to an island we do encourage you to take two lateral flow tests before you depart. The second test should be on the day that you are planning to travel, and the first should be three days before you travel.” *First Minister’s Statement on 20/04/21*. **Free** test kits are available by post through the government websites. Google: **Gov.uk Lateral Flow Tests**

The Colonsay community asks for your ongoing understanding and co-operation. Please follow these crucial guidelines:

**KEEPING INTERACTIONS DOWN:** If you have come from or been on the mainland, please be cautious (as defined below) after arrival on Colonsay.

**KEEP YOUR DISTANCE:** Please maintain physical distancing with anyone outside your household or bubble.

**USE YOUR PHONE:** The Shop (01951 200265) is open on a restricted basis. Please carefully read and comply with the notices at the entrance, do not enter until you have done so. The Doctor (01951 200328) can only be seen by appointment. Telephone numbers of businesses are on websites e.g. [www.VisitColonsay.co.uk](http://www.VisitColonsay.co.uk) and [www.colonsay.org.uk](http://www.colonsay.org.uk) and also in the “Compendium” booklet in your accommodation. Ensure that your phone has the track and trace app, ProtectScotland, and that Bluetooth is **ON**.

**FOLLOW THE GUIDELINES:** special rules may apply at public or private properties, which will be clearly displayed at the entrance. They may be regulatory (shop, restaurant, church etc.) or otherwise (e.g. **Please Keep Away** if a property is in self-isolation). Read the signs carefully and follow the guidelines exactly as given.

**BE THOUGHTFUL:** Remember to wash your hands thoroughly every time you re-enter your accommodation, use sanitiser at every opportunity. Please follow local instructions as directed on signs. Ensure adequate ventilation in all settings.

**VITAL INFORMATION:** If any member of your party develops symptoms of Covid-19 whilst on the island, or within a fortnight of departure, telephone 111 and/or the doctor on 01951 200328 (if on the island). If you test positive for Covid-19, contact the Test and Protect number **08000 282816** (details available on [NHSinform.scot](https://www.nhs.uk/inform) ). You must also notify your accommodation provider and email details to Colonsay Surgery at [colonsay.health@nhs.scot](mailto:colonsay.health@nhs.scot)