

# ASCRIB & SHIANT COTTAGE APARTMENTS

## GUEST SELF DECLARATION OF HEALTH – **POST ARRIVAL**

**Please return by 0900am on day of departure**

Due to the ongoing situation with the Coronavirus (COVID-19), we are required by ScotGov, to ensure that all guests complete a self-declaration form **on departure** to monitor any changes during your stay. This is required to continue to suppress the transmission of the virus, to protect our staff and local community. Skye has a fragile infrastructure and many vulnerable residents. We ask that you complete this form in honesty.

The person who places the booking must complete this form on behalf of their group and return it, **by 0900am on the day of departure**. It should be returned to [enquiries@staywithusonskye.co.uk](mailto:enquiries@staywithusonskye.co.uk).

Name	Phone	Email

IF YOU DEVELOP SYMPTONS OR BECOME ILL DURING YOUR VISIT.

You must advise us immediately by email and/or phone if the circumstances in ANY of numbers 1,2,3,4 below, changes during your stay. In line with ScotGov guidance, if any of your party becomes ill during your stay you must follow the guidance on the information posters and folders in the property.

### ON DEPARTURE

		Yes	No
1	Does anyone in your party currently have symptoms of, or have you been diagnosed with, pneumonia or coronavirus disease (COVID-19)?		
2	In the past 14 days, has anyone in your party been in contact with someone who is or could be infected with coronavirus?		
3	Has anyone in your party been contacted by the NHS or Test & Trace to advise them to self-isolate?		
4	In the past 24 hours, have you or anyone in your party, had any of the following symptoms? Fever or Raised Temperature (at or above 37.8°C) New or Persistent Cough Change or Loss of Taste or Smell Breathlessness		
5	Has anyone in your party travelled from an area that has gone into in lockdown during your visit (national or regional)?		
6	Has anyone in your party travelled to or from any non UK country has in the last 14 days.		

- 1. I confirm that everyone in my party downloaded the ScotGov Protect Scot App prior to or on arrival at the cottage.**
- 2. If you or anyone in your party develop symptoms or test positive within 14 days of returning home you must inform us, to help us protect our staff.**

I sign this form truthfully on behalf of all members of my party.

Name:

Signed:

Date:

**Thank you for your assistance and we hope you enjoyed your visit.**

# TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

<p><b>1</b></p>  <p><b>RECOGNISE SYMPTOMS</b></p> <p>A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.</p>	<p><b>2</b></p>  <p><b>REQUEST A TEST RIGHT AWAY</b></p> <p>It is important to get a test as soon as possible. Visit <a href="https://www.nhs.uk/inform-scot/test-and-protect">NHSinform.scot/test-and-protect</a> or call <b>0800 028 2816</b> if you cannot get online.</p>	<p><b>3</b></p>  <p><b>ISOLATE</b></p> <p>Isolate for 7 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.</p>
<p><b>4</b></p>  <p><b>GET TESTED</b></p> <p>When isolating, you should only leave home to get tested. There are various ways of having this done.</p>	<p><b>5</b></p>  <p><b>GET RESULTS</b></p> <p>They should be with you within 48 hours.</p>	<p><b>6</b></p>  <p><b>PROVIDE DETAILS</b></p> <p>If you have coronavirus, NHS contact tracers will contact you to confidentially ask who you have had contact with recently. If you don't have the virus, you and your household can stop isolating.</p>
<p><b>7</b></p>  <p><b>NHS INFORMS CONTACTS</b></p> <p>If you have coronavirus, the NHS will contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.</p>	<p><b>8</b></p>  <p><b>CLOSE CONTACTS ISOLATE</b></p> <p>They will be asked to isolate for 14 days from the last time they had contact with you.</p>	<p><b>9</b></p>  <p><b>HOUSEHOLD OF CLOSE CONTACT</b></p> <p>If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting from step 1.</p>

If you do not have community or family support and need essential help, call the National Assistance Helpline on **0800 111 4000** (Mon–Fri 9am–5pm) or via textphone on **0800 111 4114**. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://www.nhs.uk/inform-scot/test-and-protect)

**NHS** SCOTLAND **TEST & PROTECT**