

GOSH Guidance for PATIENTS AND FAMILIES arriving for treatment from abroad.

10/02/2021

Great Ormond Street Hospital (GOSH) is following the official guidance from the NHS, UK Government and World Health Organisation. The situation is changing constantly and we will update as new guidance is issued.

On **4 January 2021**, the UK Government introduced [National lockdown: Stay at Home](#) rules for England. These rules have guided operational changes at GOSH to reduce the risk of transmission of COVID-19. On **15 January 2021**, the UK Government announced the closure of all 'travel corridors' until further notice. On the 29th January 2021, the UK Government announced a planned travel ban list (also referred to as the 'red list') for visitors from 33 specific countries, listed on the [UK Government website](#), which will take effect from **15th February 2021**.

What do I need to consider before coming to the UK?

If you intend to [travel to England](#), you must now provide evidence of a negative COVID-19 test result taken **up to 72 hours** before departure. Before you arrive in to the UK, you will need to [complete a passenger locator form](#). This can be completed up to 48 hours before you [enter the UK](#). All other current entry requirements and restrictions continue to apply.

From 15 February, if you arrive in England from a country on the [travel ban list](#) you'll need to self-isolate in a quarantine hotel for at least 10 days. Before you travel, you'll need to book and pay for your hotel room and 2 COVID-19 tests to take during your stay. If you're coming from a country not on the banned travel list, you'll need to [self-isolate at home for 10 days](#) and book 2 COVID-19 tests.

On arrival to the UK

When you arrive in England, you must **travel directly** to the place you are staying and **not leave until 10 days** have passed since you were last in the country, you departed from. This is known as '[self-isolating](#)' during quarantine. In certain cases, families travelling to the UK, who have had no known COVID-19 contact or symptoms, may utilise the '[Test & Release](#)' system. They can seek a test after 5 days arrival to UK and can 'release' themselves from quarantine if COVID-19 negative. This will not apply to all countries of origin, please consult the [UK Government website](#) for details. If a visitor has a positive COVID-19 test whilst they are in the UK, a **further 10 day quarantine period** will be required, as per UK Government guidance.

How will the UK Lockdown affect me?

Lockdown applies to anyone who resides in, or is visiting England. When lockdown end, local tier rules will be reintroduced, and you will need to check the government website for guidance what your local tier restrictions. **Please be aware that quarantine and self-isolation are additional measures to lockdown.**

Whilst in England, you will be required to follow the lockdown rules. This means you **must not** leave or be outside of your home, except where you have a 'reasonable excuse'. **This is the Law**. You **may only** leave home for the following reasons;

- Shop for basic necessities, for you or a vulnerable person
- Exercise with your household or one other person. This should be limited to once per day, and you should not travel outside your local area.
- Seek medical assistance or avoid injury, illness or risk of harm

If you do leave home for a permitted reason, you should always stay local, which means staying in the part of the city where you live.. Further details on what self-isolation means in lockdown can be found on the UK Government [website](#)

To ensure you are reading the most recent guidance from Great Ormond Street Hospital, [click here](#) to check version number.

	Families that need to Quarantine	Families that don't need to Quarantine
Who fits the criteria for Quarantine?	<p>All families who have travelled to the UK from abroad must quarantine.</p> <p>If an additional person joins the household from abroad, that person must self-isolate from the rest of the household for 10 days. The ward must be advised of the new household member as we will change the potential 'exposure' pathway of the child for a 10 period, regardless of any existing timescales.</p> <p>Due to the new Covid variant, a number of countries have been added to the UK Red Flag list. From the 15th February, if you have travelled through any of the named countries in the last 10 days, you will be refused entry to the UK.</p> <p>Countries on the UK's 'Red list' (33) which include South America, large parts of southern Africa, Portugal and the UAE.</p> <p>British and Irish Nationals, or third country nationals with residence rights in the UK will be able to enter the UK. They must self-isolate for 10 days on arrival along with their household, in a quarantine hotel. They cannot use the Test to Release scheme.</p> <p>Please consult the UK Government website for further information.</p>	<p>Families that have not travelled to the UK from abroad.</p> <p>Families who have completed their 10 day self-isolation (quarantine) period following arrival to the UK.</p>
On arrival to the UK	<p>You will need to quarantine (self-isolate) for up to 10 days - the exact number of days depends on what date you left your country, territory or region. The 10-day period is counted from the day after you leave the country, or territory or island.</p> <p>Further details regarding UK rules on self-isolation can be found here.</p>	<p>Families will be required to follow the current UK government guidance in respect to COVID19 restrictions.</p>

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Planned Admission	<p>The process is the same for both quarantined and non-quarantined families;</p> <ul style="list-style-type: none"> - We will contact families 2 weeks prior to admission to confirm current requirements and provide guidance. - A Pre-admission call will be made to the family 24-72 hours prior to the admission date, relating to COVID-19. - On arrival for admission to the ward, or at the Pre-admission appt, both resident parent and child will have a COVID-19 screen. A positive result will not mean your child's procedure or treatment cannot proceed, but it will mean that we need to manage you differently to maintain safety. 	<p>The process is the same for both quarantined and non-quarantined families;</p> <ul style="list-style-type: none"> - We will contact families 2 weeks prior to admission to confirm current requirements and provide guidance. - A Pre-admission call will be made to the family 24-72 hours prior to the admission date, relating to COVID-19. - On arrival for admission to the ward, or at the Pre-admission appt, both resident parent and child will have a COVID-19 screen. A positive result will not mean your child's procedure or treatment cannot proceed, but it will mean that we need to manage you differently to maintain safety.
Intensive Care Units	<p>For admissions up to and including 14 days;</p> <ul style="list-style-type: none"> • Only one parent or carer per child is allowed to attend. • The second parent or carer must self-isolate in their home accommodation until the end of the 10 day quarantine period. • They will not be able to attend the hospital between <u>Days 10-14</u>. <p>For inpatient stays of 15 days or longer;</p> <ul style="list-style-type: none"> • After the initial 14 day period with one carer only, parents/carers may swap on a weekly basis. 	<p>For admissions up to and including 14 days;</p> <ul style="list-style-type: none"> • Only one parent or carer per child is allowed to attend. <p>For inpatient stays of 15 days or longer;</p> <ul style="list-style-type: none"> • After the initial 14 day period with one carer only, parents/carers may swap on a weekly basis.
Inpatient ward stay	<p>For admissions up to and including 14 days;</p> <ul style="list-style-type: none"> • Only one parent or carer per child is allowed to stay. During the first 10 days, the carer must not leave the cubicle, as they will be self-isolating for quarantine purposes. • Between Days 10-14, the same carer may leave the cubicle but no change of sole carer should occur. • The second parent or carer must self-isolate in their home accommodation until the end of the 10 day quarantine period, and may not visit the hospital during the first 14 days of admission. <p>For inpatient stays of 15 days or longer:</p> <ul style="list-style-type: none"> • After the initial 14 day period with one carer only, parents/carers may swap on a weekly basis. 	<p>For admissions up to and including 14 days;</p> <ul style="list-style-type: none"> • Only one parent or carer per child is allowed to stay/ visit for the first 14 days. <p>For inpatient stays of 15 days or longer:</p> <ul style="list-style-type: none"> • After the initial 14 day period with one carer only, parents/carers may swap on a weekly basis.

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	<p>Please be aware that if the resident carer becomes unwell then the carers may only swap if the home carer is well. Assistance for the unwell adult will be facilitated by their sponsor.</p> <p>During the admission the resident parent/carer must wear a Fluid Resistant Surgical Mask (FRSM) when any adult /caregiver enters the cubicle. The FRSM will be supplied by the ward for the parent/ carer.</p>	<p>Please be aware that if the resident carer becomes unwell then the carers may only swap if the home carer is well. Assistance for the unwell adult will be facilitated by their sponsor.</p> <p>During the admission the resident parent/carer must wear a Fluid Resistant Surgical Mask (FRSM) when any adult /caregiver enters the cubicle. The FRSM will be supplied by the ward for the parent/ carer.</p>
Visiting	<p>No visiting is allowed at this time.</p> <p>Unfortunately, no brothers and sisters can visit at the moment. If you have other children, please arrange for another adult to look after them.</p>	<p>No visiting is allowed at this time.</p> <p>Unfortunately, no brothers and sisters can visit at the moment. If you have other children, please arrange for another adult to look after them.</p>
Outpatient	<p>Only one parent/carer per family to attend the appointment/visit.</p> <ul style="list-style-type: none"> - Ideally, the appointment/visit should be scheduled <u>following completion</u> of the quarantine period. - In instances where this is not possible, the child (if aged 11 years or older) and their parent/carer will be required to wear a fluid resistant surgical mask - Where possible, we will aim to provide a Telehealth appointment (via secure video link), instead of an appointment at the hospital, to reduce risk of COVID transmission. <p>As part of our admission process, we require the resident parent/carer and the patient, to have a COVID-19 screen performed. This COVID-19 screening test may be done at your child's pre-admission appointment, prior to the admission, or on arrival to the ward on the day of the admission. You can find out exactly what's involved at gosh.nhs.uk/covid-19-testing.</p> <p>GOSH will provide an interpreter for the visit (if required), as no external interpreter will be allowed on-site during this time.</p>	<p>Only one parent/carer per family to attend the appointment/visit.</p> <ul style="list-style-type: none"> - Where possible, we will aim to provide a Telehealth appointment (via secure video link), instead of an appointment at the hospital, to reduce risk of COVID transmission. <p>As part of our admission process, we require the resident parent/carer and the patient, to have a COVID-19 screen performed. This COVID-19 screening test may be done at your child's pre-admission appointment, prior to the admission, or on arrival to the ward on the day of the admission. You can find out exactly what's involved at gosh.nhs.uk/covid-19-testing.</p> <p>GOSH will provide an interpreter for the visit (if required), as no external interpreter will be allowed on-site during this time.</p>

For further information, please visit our [GOSH Website](https://www.gosh.nhs.uk), or contact your Sponsor for further assistance.

Guidance on UK Terminology and Legal Requirements

What does it mean to Quarantine?

If you are required to **quarantine** because you have arrived from outside the UK (**after 4am 18/01/2021**), the following rules apply;

On arrival to the UK, if you have arrived from a destination that requires you to quarantine in a hotel, specific advice will be provided prior to your departure and on arrival to the UK. If you have not been in a Red list country in the previous 10 days, then you should follow the following quarantine guidance. If you **have not arrived** from a Red list country, you should travel to your accommodation by private vehicle, avoiding public transport. On arriving at your private accommodation, you need to follow the following rules **for the next 10 days**.

- **You cannot visit public areas**, whether for the purpose of exercise, open air recreation or otherwise.
- **You should not go shopping**. If you require help buying groceries, other shopping or picking up medication, you should ask friends or relatives, or order a delivery. **If you do not have family or friends in the UK who can assist, please contact your sponsor for assistance.**
- **You must only exercise** within your home or garden.

An **exception to this rule is if you need urgent medical assistance** (or where your doctor has advised you to get medical assistance). For more information, please review the [UK Government website](#)

What does it mean to Self-Isolate?

If **Self-Isolation** is required due to **contact** with a person who has been identified as **COVID-19 positive**, or if you receive a **positive COVID-19 test result**, you must **self-isolate** for 10 days as per national guidance.

You must not leave your home if you're self-isolating.

- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

For more information, please review the [UK Government website](#). The same rules for quarantine will apply, as you must not leave your home/residence.

Whilst family is in the UK

If parents/carers develop symptoms of COVID-19 whilst on the hospital site, **they will be asked to inform the ward and go home immediately**. If parents/ carers are contacted by [NHS Track and Trace](#) and advised to self-isolate, **they will be asked to inform the ward and go home immediately**. If the **Covid test is positive**, a further **10 day quarantine** must be started. **To reduce the risk of COVID transmission - Always Remember: 'Hands, Face, Space'**

- **Hands** - wash your hands regularly and for at least 20 seconds
- **Face** – you must wear a face covering in all indoor settings, such as shops or places of worship where these remain open, and on public transport, unless you are exempt. This is the law. [Read guidance on face coverings](#)
- **Space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)