

## COVID-19 Guide – what to do when....

A quick reference guide for students

What to do if...	Action needed	Return to campus when
<p>You have COVID-19 symptoms:</p> <ul style="list-style-type: none"><li>- <b>HIGH TEMPERARTURE</b> – this means you feel hot to the touch on your chest or your back</li><li>- <b>A NEW CONTINUOUS COUGH</b> – this means coughing a lot more in an hour or 3 or more coughing episodes in 24 hours or if you normally have a cough, the pattern of this changes</li><li>- <b>A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE</b> – this means you cannot smell or taste anything, or your taste/smell is altered.</li></ul>	<p><b>SELF-ISOLATE IMMEDIATELY</b></p> <p>Self-isolation means you and your household must stay home and not leave until you receive a negative test for COVID-19. You may leave to get yourself tested.</p> <p>Get a test through <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></p> <p><a href="#">Complete this form</a> so we can ensure you get help from your School Office to engage with your studies and we can put in place the necessary arrangements to ensure a safe campus.</p> <p>Read the latest UK government guidance which can be found here <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></p>	<p>You receive a negative test for COVID-19. If you have symptoms of COVID-19 but test negative, this means you did not have COVID-19 when you gave your sample. You can return to campus when you feel well enough.</p>

<p>You test positive for COVID-19 (either through the saliva test or nose/throat swab test).</p>	<p><b>SELF-ISOLATE IMMEDIATELY, if you are not already doing so.</b></p> <p><a href="#">Complete this form</a> so we can ensure you get help from your School Office to engage with your studies and we can put in place the necessary arrangements to ensure a safe campus</p> <p><b>INFORM THE PEOPLE YOU LIVE WITH</b> or anyone in your <b>SOCIAL BUBBLE</b> so they can <b>SELF-ISOLATE for 10 days</b>. Your social bubble means a group of people with whom you have close physical contact</p> <p>You do NOT need to get another COVID-19 test.</p> <p>Read the latest UK government guidance which can be found here <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></p>	<p>If you had COVID-19 symptoms but are now well, you can return to campus after 10 days isolation. The day you first had symptoms is day 1 and you can return to campus on day 11.</p> <p>For some people, the cough and/or loss of taste/smell can continue for longer than 10 days. If you are otherwise well, with no fever, you can still return to campus even if you still have cough or loss of taste/smell. It is very important that you follow the safety guidance such as wearing a face covering.</p> <p>You may continue to feel unwell so we encourage you to take appropriate steps to ensure your wellbeing.</p>
<p>You test negative for COVID-19</p>	<p>You do not need to take any further action</p>	<p>You have received a negative test result; you don't need to self-isolate unless you are doing so for another reason, such as a household member has symptoms or has tested positive. If you are already self-isolating for another reason, you must complete the isolation period even though you have tested negative.</p>

<p>You are ill with symptoms not linked to COVID-19</p>	<p>If you are concerned about your health please seek advice from your GP or contact NHS 111.</p> <p>We recognise that many of our students may have symptoms of what is commonly known as 'freshers flu.' You should only get a test for COVID-19 through the NHS when you have the symptoms which are set out in this document</p>	<p>Return to campus when you feel well enough to do so</p>
<p>Someone in your household (household means the people that you live with) has COVID-19 symptoms and you do not have symptoms</p>	<p><b>SELF-ISOLATE IMMEDIATELY</b></p> <p>Self-isolation means you must stay home and not leave unless your household member who has symptoms receives a negative test for COVID-19</p> <p><a href="#">Complete this form</a> so we can ensure you get help from your School Office to engage with your studies and we can put in place the necessary arrangements to ensure a safe campus</p> <p>Read the latest government guidance which can be found here  <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></p>	<p>Once your housemate receives a negative test result for COVID-19, you can return to campus.</p>

<p>Someone in your household tests positive for COVID-19</p>	<p><b>SELF-ISOLATE IMMEDIATELY</b></p> <p>Self-isolation means you must stay at home and not leave for 10 days from the date of your household member's test, or the date their symptoms started if they had symptoms.</p> <p>Get a test through <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></p> <p><a href="#">Complete this form</a> so we can ensure you get help from your School Office to engage with your studies and we can put in place the necessary arrangements to ensure a safe campus</p> <p>Read the latest UK government guidance which can be found here <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></p>	<p>You can return to campus after you have completed 10 days of self-isolation</p>
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NHS Test and Trace lets you know that you have been in close contact with someone with a positive test for COVID-19

**SELF-ISOLATE IMMEDIATELY**

Self-isolation means you must stay home and not leave until the date you have been advised in your communication from Test and Trace.

[Complete this form](#) so we can ensure you get help from your School Office to engage with your studies and we can put in place the necessary arrangements to ensure a safe campus

Read the latest UK government guidance which can be found here  
<https://www.gov.uk/coronavirus>

In this instance, you will be the only person in your household who needs to self-isolate. Other people in your household do not need to self-isolate.

You can return to campus after you have completed 10 days of self-isolation

You have to self-isolate (also known as quarantining) because of where you have travelled to England through or from a country where the UK government requires you to isolate

### **SELF-ISOLATE IMMEDIATELY**

You must stay at home until you have completed 10 days of self-isolation.

[Complete this form](#) so we can ensure you get help from your School Office to engage with your studies

Read the latest UK government guidance which can be found here

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You have completed 10 days of self-isolation