

CORONAVIRUS – STUDENT GUIDE

Get the latest NHS information and advice about coronavirus (COVID-19) here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

What should I do if?	Next Steps
I have tested positive using a lateral flow test, but I don't have symptoms	<ol style="list-style-type: none">1. isolate straight away,2. report your result at https://www.gov.uk/report-covid19-result Reporting is a very important step, as NHS Test and Trace will then be in touch with you to track your contacts,3. tell the College via covid19reporting@longroad.ac.uk You will now need to send us the NHS test and trace email or text confirmation that you have reported your positive result as above.
I have tested positive using a PCR test	<p>DO NOT COME TO COLLEGE Please tell the college immediately:</p> <p>Call 01223 631227 or covid19reporting@longroad.ac.uk</p> <p>You must isolate for 7 days from the start of symptoms, or positive test result and, until there is no fever for 48 hours. You must be able to show a negative lateral flow test, taken on days 6 and 7 of your self-isolation, at least 24 hours apart. You can return to college on day 7 if the negative test is taken early enough. *See separate guidance at the end of this document for further details</p> <p>www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection</p>

<p>Someone in my household or a close contact has tested positive for Covid-19.</p>	<p>If you are fully vaccinated and identified as a contact of someone who has suspected or tested positive, for Covid-19 you should take an NHS rapid lateral flow test every day for 7 days.</p> <p>You should report to the college immediately by phoning 01223 631227 or emailing covid19reporting@longroad.ac.uk</p> <p>If one of the lateral flow tests are positive, and you don't have symptoms please follow the steps above.</p> <p>If you develop symptoms you should book a PCR test. Please tell the college, they need to know the date you started your self-isolation started.</p> <p>When you receive the result update the Covid-19 reporting team.</p>
<p>I feel ill and have at least one of the following symptoms:</p> <ul style="list-style-type: none"> • a high temperature • a new, continuous cough • a loss or change to my sense of smell • a loss or change to my sense of taste 	<p>DO NOT COME TO COLLEGE</p> <p>Self-isolate, and tell the college immediately on 01223 631227 or by emailing:</p> <p>covid19reporting@longroad.ac.uk</p> <p>Book a PCR test as soon as possible. Call 119 or use an online booking tool.</p> <p>If Covid-19 is suspected, family members or contacts should take an NHS rapid lateral flow test every day for 7 days if any of the following apply:</p> <ul style="list-style-type: none"> • they are fully vaccinated • they are below the age of 18 years 6 months • they have taken part in, or are currently part of an approved COVID-19 vaccine trial • they're not able to get vaccinated for medical reasons <p>Family members over the age of 18 years 6 months who are not fully vaccinated should seek advice on self-isolation directly from the NHS.</p> <p>Please continue to follow any instructions from NHS Test and Trace.</p>

<p>I feel ill with other symptoms such as a sore throat, runny nose or a headache.</p>	<p>You need to do what you would have done before the pandemic. You might come to college or stay at home depending on the severity of your symptoms.</p> <p>If you are not sure you could check with NHS direct on 111 or talk with your GP.</p> <p>If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.</p>
<p>I have tested negative</p>	<p>Tell the Covid-19 reporting team your test result by emailing covid19reporting@longroad.ac.uk</p> <p>They will make sure the registers are updated.</p>
<p>Someone in my household has Covid-19 symptoms</p>	<p>If any of the below applies to you, you can come into college as normal.</p> <ul style="list-style-type: none"> • you are below the age of 18 years 6 months and/or • you are fully vaccinated <p>Family members over the age of 18 years 6 months who are not fully vaccinated should seek advice on self-isolation directly from the NHS.</p> <p>If you develop symptoms you should self-isolate and book a PCR test for yourself.</p>
<p>Someone in my household had Covid-19 symptoms and has tested negative by lateral flow test</p>	<p>You can continue attending college, but they should take a PCR test.</p>

<p>I have been asked to self-isolate via the NHS Track and Trace system</p>	<p>DO NOT COME TO COLLEGE</p> <p>Please tell the college immediately. Call 01223 631227 or email covid19reporting@longroad.ac.uk</p> <p>You must self-isolate for the entire duration of the NHS Track and Trace app notification.</p> <p>You must complete the whole self-isolation period even if you receive a Negative lateral flow or PCR test result.</p>
<p>I have come into close contact with someone who has tested positive for Covid-19</p> <p>Examples of close contact include:</p> <ul style="list-style-type: none"> • Face to face contact (under 1 metre) for any length of time – including talking or coughing • Being within 1 – 2 metres of each other for more than 15 minutes – including travelling in a small vehicle 	<p>Close contacts are <u>not</u> be required to self-isolate however they should take a daily rapid lateral flow test for 7 days, and any of the following apply:</p> <ul style="list-style-type: none"> • they are fully vaccinated • they are below the age of 18 years 6 months • they have taken part in or are currently part of an approved COVID-19 vaccine trial • they not able to get vaccinated for medical reasons <p>If you are a close contact, over the age of 18 years 6 months and not fully vaccinated you should seek advice on self-isolation directly from the NHS.</p> <p>If you develop symptoms, you should book a PCR test for yourself.</p>

***Guide to Updated Self-isolation rules – January 202**

