

## **Appendix 1: Advice for self-isolation**

### *Stay at home*

You or the person you are caring for should remain in your home, except for getting medical care. Do not go to work, main campus, or public areas, and do not use public transport or taxis unless you have been told that is safe to do so.

In a Halls context, you will need to remain in your flat for the entire duration of your self-isolation. You should not visit or transit through any common areas, including courtyards, common rooms, laundry or reception. This includes for purposes of exercise or for smoking. If it essential that you leave the flat for any reason, you should discuss the matter with Residential Services Team.

You will need to ask for help if you require groceries, other shopping or medications. Alternatively, you can order by phone or online. The delivery instruction needs to state that the items are to be left at the main reception. The Residential Services Team will contact you to let you know a delivery has arrived and bring it to your flat door.

### *Separate yourself from other people in your flat*

You should stay in a well-ventilated room with a window to outside that can be opened, separate from other people in your flat. Keep the door closed.

If possible, avoid using the kitchen whilst others are present. If this is not possible then wear a facemask if you have been issued with one. Take your meals back to your room to eat. Use the dishwasher to clean and dry your used crockery and cutlery. If this is not possible, wash them by hand using detergent and warm water and dry them thoroughly, using a separate tea towel.

The Residential Team will provide you with a cleaning kit so you can clean and sterilise items that you use.

If you have medical appointments, these should be discussed in advance with your designated medical contact, using the number that has been provided to you. This is so the surgery or hospital can take steps to minimise contact with others.

### *Cover your coughs and sneezes.*

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag (see waste section for managing rubbish), and immediately wash your hands with soap and water for at least 20 seconds rinse and dry thoroughly.

### *Wash your hands.*

Wash your hands often and thoroughly with soap and water, for at least 20 seconds, rinse and dry thoroughly. Avoid touching your eyes, nose, and mouth with unwashed hands.

### *Do not have visitors in your home.*

Do not invite or allow visitors to enter. If you think there is an essential need for someone to visit, then discuss it with your designated medical contact first. If it urgent to speak to someone who is not a member of your household, do this over the phone.

### *Avoid sharing household items.*

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home when you have used them. After using these items, wash them thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery.

### *Monitor your symptoms*

Seek prompt medical attention if your illness is worsening, for example, if you have difficulty breathing, or if the person you are caring for symptoms are worsening. If it's not an emergency, you should call NHS111.

*Fire Alarm Activation*

Should the fire alarm sound, dress warmly, put on a face covering and exit as normal. Pass through the Reception area and immediately move to muster outside the vehicle gate next to the Bin Store in E Block.

*Waste.*

All waste that has been in contact with the individual, including used tissues, and masks if used, should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied. You should keep rubbish bags in your kitchen for 72 hours before putting outside the flat door for collection.