


# PROCESS FOR STUDENTS WHO ARE SELF-ISOLATING



## Stay at home for 7 days if you have either of the following symptoms:

- a high temperature (37.8 degrees Celsius or higher)
- a new, continuous cough.

## Stay Indoors and in Isolation

- 
- You will need to stay in isolation, away from other people, until you have recovered from any symptoms.
  - Do not leave the house unless instructed to do so by a medical professional.
  - Stay at least 2 meters from other people in your home
  - If you live with others, wipe down the bathroom and kitchen after every time you use the facilities.
  - Sleep alone if possible.
  - Don't have visitors. Ask family and friends and delivery services to deliver things like food shopping and medicines – but avoid contact with them. Ask for help if you need it
  - Regularly wash your hands with soap and warm water for at least 20 seconds.
  - Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with any symptoms.

***You do not need to contact NHS 111 to tell them you are staying at home. Only call if you cannot get help online.***

## Notify NHS if your condition gets worse



Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home;
- your condition gets worse; or
- your symptoms do not get better after 7 days.

## Inform LSE



- Email residential.life@lse.ac.uk and your academic mentor so that we know you are self-isolating.
- Reply to our emails and keep us updated on your progress.

## Evaluate and decide



- A member of the Residential Life team will be in touch before the end of your 7 day period to ask for an update.
- Update Residential Life of any changes to your health or the instructions you have received.

# GUIDANCE FOR STAFF

## SUPPORTING STUDENTS WHO ARE SELF-ISOLATING

### The NHS has set out that students must self-isolate for 7 days if they have:



- A high temperature; or
- A new, continuous cough.

### Make sure Residential Life knows



- All students who are self-isolating are being asked to email residential.life@lse.ac.uk.
- If you receive notification from a student that does not copy in that address, please immediately notify residential.life@lse.ac.uk and include 'Coronavirus' in the subject line.

### Help students access online course materials



- Ensure students understand that all teaching will be moved online from Monday, March 23rd and that exams and assessments will also be delivered online or by other methods.
- Please ensure that your students have as much access as possible to online course materials as soon as possible.
- Contact the Eden Centre for assistance with this, if necessary.

### Let teachers know not to expect them in



- Notify any lecturers that would be expecting the student that they won't be in for at least the 7 day period.

### Check in with students



- Please check in with the student once over the period to touch base and offer support. The Residential Life team will be in touch before the end of a student's 7 day period to ask for an update.
- Students should not end their self-isolation until they are instructed to do so by the NHS.
- Residential Life will write to the DM at this point.