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.