Let the University know that you need to self-isolate/quarantine as soon as possible by completing the self-isolation form. We can then ensure you have what you need and receive all available support to help you during this period. For example, if you need extra help studying, getting a bank account, arranging essential food and medical supplies, you’re feeling unwell, etc.

Do not leave your accommodation, for example to go for a walk, to the shops or public places. Even if you do not have COVID-19 symptoms for the 14 day period, you must not leave your accommodation if you’ve been advised to self-isolate or quarantine.

Keep at least 2 metres (3 steps) from other people in your accommodation to limit the spread of infection

Regularly wash your hands with soap and warm water for at least 20 seconds

Ask friends and family and delivery services to deliver things like food shopping and medicines

Do not have visitors (ask people to leave deliveries outside)

If you share a kitchen with others, avoid using it while others are present. Take your meals back to your room to eat. Wash utensils, cutlery and crockery using your usual washing up liquid and warm water and dry them thoroughly, remembering to use a separate tea towel

Personal waste (such as used tissues) and disposable cleaning cloths should be placed into a rubbish bag, place this bag into another rubbish bag and tie securely. Keep separate from other waste. This rubbish should be put aside for at least 72 hours before being put in your usual external household waste bin

If you can, use a separate bathroom from the rest of the household. Make sure you use separate towels from other people in your house, both for drying yourself after bathing or showering and for hand-hygiene purposes. If you do share a toilet and bathroom, it is important that you clean them after you have used them every time (for example, wiping surfaces you have come into contact with, maximizing ventilation by keeping windows and doors open). Another tip is to consider drawing up a rota for bathing, making sure you thoroughly clean the bath, sink and toilet yourself

Washing clothes - To minimise the possibility of dispersing virus through the air, do not shake dirty laundry. Wash items as appropriate in accordance with the manufacturer’s instructions. All dirty laundry can be washed in the same load

If you do not have a washing machine, wait a further 72 hours after your 10-day (for individual isolation) or 14-day isolation period (for shared accommodation) has ended when you can then take the laundry to the launderette

You do not need to call NHS 119 to go into self-isolation

If you have symptoms, drink plenty of water and take everyday painkillers, such as paracetamol to help with your symptoms

If your symptoms worsen during home isolation or are no better after 10 days, contact NHS. If you have no internet access, call 119. For a medical emergency, dial 999. If you’re living on campus, please telephone extension 2222 or 01206 872222 for emergencies. By calling this number instead, Campus Patrol or Security Officers can direct the emergency services to the exact site of the emergency without delay.

Contact the Student Wellbeing and Inclusivity team for advice and support:
Email: wellbeing@essex.ac.uk
Telephone: 01206 87 3133