

NEED SUPPORT OR ADVICE ON ANYTHING CORONAVIRUS-RELATED? SPEAK TO YOUR UNIVERSITY'S WELFARE OFFICE

We know that this is a challenging time for a variety of reasons. Whether you're struggling to cope with the death of a loved one, you're worried about staff or students not following public health advice, you're concerned about someone's physical or mental health, or you need support to self-isolate, please speak to the welfare office.

For more information, look at your own university's intranet or you can visit islington.gov.uk/coronavirus.



**WORRIED ABOUT YOUR SYMPTOMS?
SEEK MEDICAL ADVICE**

**CALL NHS 111 IF YOU'RE WORRIED ABOUT YOUR
SYMPTOMS OR SOMEONE YOU LIVE WITH.
IN AN EMERGENCY, DIAL 999.**



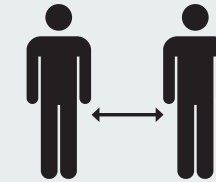
CASES OF CORONAVIRUS ARE RISING IN LONDON

**IT'S REALLY IMPORTANT THAT YOU KEEP FOLLOWING
PUBLIC HEALTH ADVICE TO KEEP YOURSELF, FRIENDS,
OTHER STUDENTS AND UNIVERSITY STAFF SAFE**

STAY SAFE



Wash your
hands regularly

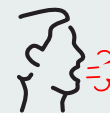


Keep 2 metres away
from people you
don't live with

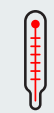


Wear a face covering in
indoor public spaces
where you can't safely
social distance

LOOK OUT FOR SYMPTOMS



New,
continuous
cough



High
temperature



Loss of, or change
to, your sense of
smell or taste

GOT SYMPTOMS? STAY AT HOME AND GET TESTED

Request a test online at
nhs.uk/coronavirus **OR CALL 119**
YOUR HOUSEMATES WILL HAVE TO SELF-ISOLATE FOR 14 DAYS TOO

STAYING SAFE IN SHARED HOUSING

PREVENTING THE SPREAD OF CORONAVIRUS CAN BE MORE DIFFICULT WHEN YOU'RE LIVING IN CLOSE PROXIMITY TO OTHER PEOPLE. TAKE THESE EXTRA STEPS TO KEEP YOURSELF AND OTHERS SAFE

1 Regularly clean your shared flat or house

- Use hot water and disinfectant to clean all surfaces – particularly in shared areas like kitchens, living rooms and bathrooms
- Take extra care to clean areas that you touch regularly like door handles, cupboards, kettles, toasters, bottle openers and washing machines
- If you can, use paper towels to dry your hands and air-dry your dishes but if that's not possible, regularly wash shared hand towels and tea-towels where germs can linger



3 Be kind and look after each other

- Following public health advice will reduce your risk of catching coronavirus but it won't eliminate the risk completely. If someone you know or live with develops symptoms make sure to check if they're ok and see if you can help with anything
- Remember that some students, staff members and other people you see out and about – including those with disabilities that aren't visible - are exempt from wearing face coverings

2 Have a plan in case you or your housemates develop coronavirus symptoms

If you develop symptoms, it's very important that you and your housemates stay at home to help prevent the spread of the virus. This means not leaving your flat or house at all.

- Set up a group chat with your housemates so that if one of you develops symptoms, you can let each other know straight away
- Buddy up with a person who doesn't live with you so that they can help with picking up essentials if you need to self-isolate

If you develop symptoms:

- Self-isolate for 10 days and organise a test at nhs.uk/coronavirus or by calling 119
- Let your housemates and anyone you've been in close contact with in the past 48 hours know so they can look out for symptoms
- Stay in your room with your door closed as much as you can

If you're living with someone who develops symptoms:

- Self-isolate for 14 days
- Take extra care to keep your house or flat clean
- Wash your hands more regularly – particularly after sneezing, coughing or blowing your nose
- Keep an eye on the person who has symptoms to make sure they're ok – while maintaining distance from them. For example, consider leaving meals outside their bedroom door so they don't need to use the kitchen