



Self-Isolation Guidance

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Summary

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FIE follows the government guidelines regarding public health, and this guidance includes but is not limited to residents who are advised to stay at home, self-isolate or quarantine due to travel, displayed symptoms, positive test results, being within a shared household with a symptomatic resident, or are a contact with a confirmed case.

For the purposes of this document, a “household” is defined as “the rooms, kitchens, common areas such as a lounge, and corridors on a resident’s floor, or within an enclosed and self-contained flat”.

For the purposes of this document, “self-isolation” and “quarantine” are interchangeable terms; both refer to a period of time during which an individual should avoid contact with others due to circumstances as outlined above. **As of February 2022**, “stay at home” has been added to this document to reflect its inclusion to new UK government advice.

Resident Responsibilities

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Residents who are advised to self-isolate should adhere to the following in an effort to limit the risk of transmission of Covid-19 and other contagious illnesses:

- Residents should self-isolate in their room or designated self-isolation space for the period of time stipulated by the government, and as directed by FIE.
 - Residents are not required to wear a mask in their room.
 - The room door must be closed at all times.
- No one other than residents of the room should enter their room (and bathroom if single use) during the self-isolation period. If current guidance permits, a self-isolating resident may be able to remain within their household, in their permanent room, even with roommates or flatmates present.
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 - The **FIE Housekeeping Team** will not enter the resident’s bedroom and bathroom for the duration of the resident’s self-isolation period.
 - The weekly linen change provision will be suspended during any periods of self-isolation.
 - Other FIE staff may enter the self-isolation space due to operational necessity (i.e. emergency response).
- Residents may access the household kitchen(s).
- Residents should wear a mask when leaving their room, including within the household kitchen and corridors, and a social distance of a minimum of 2 meters must be maintained.
- The provided cleaning products should be utilised to sanitise all surfaces before and after use.
- Laundry facilities are unavailable during the self-isolation period.
- Residents should avoid touching their face, eyes, nose, and mouth.
- Hands must be washed frequently for at least 20 seconds. Hands should be washed immediately after touching surfaces, coughing or sneezing, and before preparing food.
- All physical touch with others should be avoided, including shaking hands and hugging.
- Access to residence common areas including study spaces, front entry areas, and the Facilities Support Desk at Metrogate House is restricted for students who are self-isolating; they should access these spaces only if directed to do so by FIE staff or others due to operational necessity.
 - This includes collecting mail and packages from the Facilities Support Desk.
 - This includes receiving delivery of food from services like Deliveroo, Uber Eats and Just Eat, and other orders.
- Residents may place orders on-line, including food shopping and prepared food services like Deliveroo etc.
 - Staff must be notified in advance of the order’s anticipated delivery time via x5131.

- Staff will deliver the items, placing them within the resident's household for collection.
- If prudent to do so, and in line with current government guidance, FIE staff may ask the self-isolating student to collect these items. In this event, students are requested to wear a mask at all times and maintain social distancing.
- FIE staff can assist with the removal of rubbish and recycling accumulated during the self-isolation period. To facilitate this, rubbish and recycling must be sealed within the designated bags and placed outside the kitchen(s) or flat entrance doors by 4pm each day. This includes rubbish from the household kitchens.
- Residents should only leave their self-isolation spaces in the case of an emergency (e.g. fire alarm, medical emergency, or to seek emergency assistance) or if directed to do so by a local authority or FIE staff.

FIE Staff Support

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During the self-isolation period, FIE staff will:

- Temporarily relocate the self-isolating resident if directed to do so by local authorities and government guidance. In some instances, a resident may complete their self-isolation period in their permanent room, even when roommates or flatmates are present.
- Be available 24/7 and accessible via the FIE Emergency Phone (x5131 from the residents' room telephones).
- Provide cleaning products and antibacterial wipes for residents' use in rooms and kitchens.
 - Bedrooms, bathrooms, and kitchens will be fully sanitised before the residents' arrival.
- Collect and dispose of any trash properly prepared and left outside the kitchen.
- Deliver food, deliveries, and mail to residents, placing items within the resident's household. This may be outside the resident's closed bedroom or flat door, or within the lift (if available), and is at the discretion of the staff member.
- Provide guidance and support regarding health and medical support available to residents, and other aspects of their programme as applicable.

FIE staff will communicate any changes to these expectations with residents as and when available. Any questions regarding these policies or resident support can be directed to the [Facilities Team](#) (facilities@fie.org.uk) and [Student Life Team](#) (studentlife@fie.org.uk).