



COVID-19 PROCEDURE FOR STUDENTS

What should I do if I have symptoms of COVID-19?

MONITOR
YOUR HEALTH



STAY AT
HOME



CONTACT FIE

What is the current UK and NHS Covid-19 guidance?

There are currently no legal requirements within the UK to:

- Test for Covid-19 (either asymptomatic testing, or at the onset of symptoms)
- Self-Isolate following a positive Covid-19 test result
- Quarantine following travel

The NHS advises anyone who feels unwell, or displays symptoms related to Covid or any illness, to stay home and avoid contact with others where possible. This includes working from home where possible, attending class remotely or as advised by faculty, and getting groceries and other necessities delivered.

What are the symptoms of Covid-19?

The primary symptoms of Covid-19 in adults are:

- **A high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse)
- **A loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

The NHS has expanded the [list of Covid-19 symptoms](#) to include: shortness of breath; feeling tired or exhausted; an aching body; headache; sore throat; blocked or runny nose; loss of appetite; diarrhoea; feeling sick or being sick.

As many of these symptoms can be related to other illnesses and infections (such as flu and colds), the NHS advises anyone who feels unwell to stay at home, rest, and minimize contact with others until they feel well enough to return to their routine.

How do I get a test for COVID-19?

Lateral flow Covid-19 test kits are readily available from shops, and cost around £2.00 per test. [Boots](#), [Lloyds Pharmacy](#), and [Superdrug](#) stock personal at-home tests, and other independent chemists (pharmacies) in the area do, too.

NHS tests (PCR, rapid lateral flow) and most self-administered over-the-counter (OTC) Covid-19 tests are not accepted as proof of a negative test result for personal travel. If your destination or travel provider requires a negative Covid-19 test result, you must pay for this test via a private provider.

What if I test positive for Covid-19?

You are advised to stay at home if you test positive, even if you do not have symptoms. You must [notify FIE](#) immediately if you receive a positive lateral flow (antigen) or PCR test result.

If you test positive for Covid-19, it is important you report or register the test with the appropriate authority, and follow any further guidance provided by your test provider, the NHS, the UK government, or any other authority. This includes but is not limited to following local guidance and adhering to local legal restrictions if you test positive for Covid-19 in another country whilst traveling.

What if I feel unwell?

You should monitor your general health and wellbeing and take precautions to limit the transmission of any illness to others. This includes washing your hands regularly, using hand sanitizer particularly after being in public places or on public transportation, and opening windows in enclosed spaces to increase ventilation. Masks or face coverings are recommended in public or shared spaces, particularly where there is limited air flow.

If you feel unwell, you should consider if you can or should continue with your regular routine. This is advised for all illnesses, not just Covid-19, to limit the transmission of flu, colds, and other illnesses.

You can consult [NHS 111](#) if you feel unwell and would like medical advice regarding your symptoms, or suggested responses. [FIE](#) can also advise on local medical resources.

How do I self-isolate?

You are advised to stay at home / self-isolate if you develop symptoms related to Covid-19 or test positive for Covid-19 in order to limit the transmission of Covid-19 to others. The length of your self-isolation period [may vary based on your circumstances](#).

If you live in either Hyde Park Gate or Manson Place, you should remain in your flat while self-isolating. If you live in Metrogate House, you should remain on your floor.

You should remain in your bedroom for the duration of your self-isolation period, only using shared facilities such as bathrooms and kitchens when absolutely necessary. If you do need to use shared facilities, you should do so only when other people are not using them and you should thoroughly clean these facilities before and after you've used them. You should wear a mask or face covering whenever you are around others, and wash your hands thoroughly and regularly.

It is important that you [notify FIE](#) if you feel unwell and / or test positive for Covid-19 so that we can provide you with the appropriate [support and assistance](#).

How do I contact FIE?

To contact FIE to request medical information, resources, or support, email studentlife@fie.org.uk or contact the 24 hour FIE Emergency Number at Metrogate:

Dial +44 (0) 207 808 0131
from an external phone line

OR

Dial the extension 5131
from your residence phone

The Student Life Team (studentlife@fie.org.uk) can advise on medical support and resources, and connect you with local medical providers if needed. If you are unwell and unable to attend class or your internship, you are expected to communicate directly with your faculty and your site supervisor, as per the [FIE Class Attendance Policy](#).

What support and assistance is available from FIE?

- **Cleaning** – If you're unwell and concerned about transmission to others, FIE can provide you with cleaning products to use in your room and in shared facilities such as bathrooms and kitchens. Toilet paper and linens will continue to be provided.
- **Deliveries & Getting Essentials** – Many major UK stores such as [Sainsbury's](#) and [Tesco](#) offer online deliveries, so you can order groceries, medications, household goods, or other items, directly to your residence. [Deliveroo](#), [Gorillas](#), [Uber Eats](#), and [Zapp](#) can deliver food and other items. With the current legal guidance, you can also exit self-isolation to get items you may need, particularly anything for medical treatment, or any essentials this weekend, although you are advised to wear a mask at all times and limit contact with others.
- **Health & Wellbeing** – FIE is here to support you if you feel unwell. We can offer video calls where you can speak to a member of the Student Life team about how you're feeling, or just to have a friendly chat. You should keep in touch with your faculty and (if applicable) site supervisor regarding your class and internship work, inform them about your current situation, and ask for additional support if needed. You can also arrange a free appointment with Dr Deborah Hill, FIE's qualified and accredited counselor – simply email studentlife@fie.org.uk to ask for an appointment. A list of further resources and helpful support services, such as [Student Space](#), are available [here on our website](#).