

ual:

**UAL COVID-19
(Coronavirus) Awareness
briefing for Students**

'Return to Make' graduates and returning postgraduate students

September - October 2020

About COVID-19

- This short presentation is a required health and safety briefing for returning postgraduate students and graduates taking part in the 'Return to Make' initiative in September and October 2020.
- The presentation covers
 - the symptoms of COVID-19
 - what to do and who to tell at the university if you think you have the virus
 - what to do to prevent the spread of COVID-19

About COVID-19

COVID-19 is a new infectious disease also known as a 'coronavirus'.

Most people who are infected with COVID-19 experience mild to moderate respiratory illness and recover without requiring specialist treatment, but some people are more likely to develop serious illness if they catch it. Currently there is no vaccine or effective treatment for COVID-19.

We all need to take action to prevent the spread of the virus and to protect ourselves, our friends, families and university staff.

The main symptoms of COVID-19

- **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 than usual)
- **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

Most people who have the virus have at least one of these symptoms.

What to do if you (or someone in your household or support bubble) has symptoms of COVID-19



1. Self-isolate, stay at home and don't come into college (this is extremely important!)

If you are in college when you start to feel unwell go home immediately



2. Call 119 and ask for a free Covid-19 test

You can also do this at <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>



3. Tell your course tutor you are unable to come into College because you are ill



4. If you test positive for the virus tell UAL by emailing REPORTCOVID@ARTS.AC.UK.

You will be asked questions to help identify people you have been in close contact with at the university



5. If you have tested positive for the virus you should self isolate for 10 days from the date you first had symptoms



6. If you are living with someone who has tested positive for the virus you should self isolate for 14 days from the date they first had symptoms

About the UAL contact tracing procedure

- UAL has a contact tracing procedure through which we work with the NHS Track and Trace service to help control the spread of the virus
- UAL's contact tracing procedure is initiated when someone tells the University they have tested positive for COVID-19 by reporting it to: reportcovid@arts.ac.uk
- You will be asked to upload details of your positive test result and also to provide some information about your attendance at UAL to support the procedure
- UAL will identify people with whom you have been in close contact and then work with NHS Test and Trace to ensure they are told what they need to do
- If you are contacted by NHS Test and Trace, you must follow the instructions given to you and also advise your course tutor

Watch this short animation
about [how a virus can be spread](#)

What to do to control the spread of COVID-19

Do	<ul style="list-style-type: none">✓ try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)✓ follow the social distancing measures in your college✓ wash your hands with soap and water often – do this for at least 20 seconds✓ use hand sanitiser gel if soap and water are not available✓ wash your hands as soon as you get home✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze✓ put used tissues in the bin immediately and wash your hands afterwards✓ wear face coverings (unless you are exempt)
Don't	<ul style="list-style-type: none">✗ touch your eyes, nose or mouth if your hands are not clean

Our COVID-19 secure buildings



We have reduced the numbers of people on site and given priority to students



Some of our opening hours have changed to support academic delivery and ensure buildings can be thoroughly cleaned



Clear glass or plastic screens have been installed on some desks, at receptions and between some people



Our new COVID-19 social distancing signage and wayfinding has been installed across the estate



We have introduced socially distance queueing systems



We have reduced numbers in lifts with priority for those who most need to use them



We have made changes to air conditioning and opened windows where we can, to increase the fresh air in our buildings

Face coverings policy

- Please wear a face covering when you enter our buildings, while moving around them and in toilets, canteens, shops, some teaching and technical spaces and libraries.
- Some people are not able to wear face coverings. Please be mindful and respectful of this especially as the reasons for this may not be visible to you.
- The reasons why someone cannot wear a face covering may include (but is not limited to):
 - people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
 - where putting on, wearing or removing a face covering will cause severe distress
 - if you are speaking to or helping someone who relies on lip reading, clear sound or facial expressions to communicate
 - to avoid harm or injury, or the risk of harm or injury, to yourself or others
- We will not routinely ask anyone to give written evidence of their reason for not wearing a face covering, and no one will be required to seek advice or request a letter from a medical professional

Where to go for more information about COVID-19

- There is a wealth of information on the dedicated [Coronavirus-important-guidance](#) section of our website
- If you have questions about UAL policies related to coronavirus, please contact studentcomms@arts.ac.uk
- If you need additional support including counselling, health advice, chaplaincy, disability and dyslexia support and advice on funding, immigration and visas, please refer to our [Student Services pages](#) on our website