

# Covid-19 guidance on testing for students

## If you are experiencing symptoms of Covid-19

Please inform your tutor.

Follow government guidelines on 10 day self-isolation and 14 day isolation for others in your household.

If symptoms develop *during* the college day, please go immediately to the medical isolation room at each campus:

**Lewes:** Ground floor - Cliffe (First Aid Room)

**Eastbourne:** Ground floor - Grove (First Aid Room)

**Hastings (SP):** 2<sup>nd</sup> floor - 2054

**Hastings (OV):** Ground floor – (First Aid Room)

**Other Sites** (Newhaven, ATC, CITC, Bedfordwell Road) - Staff Rooms

## Getting tested

Follow government [guidance](#) on how to get a test or contact the Coronavirus 119 Helpline.

## Positive result

You must continue to self-isolate. If you are symptomatic, you must self-isolate for 10 days from the first day of the symptoms. If you are asymptomatic you must self-isolate for 10 days from the day you have had the test.

## Negative result

You do not need to continue to self-isolate, providing every person that you live with who has symptoms tests negative.  
  
You can safely return to college.

## If a household member is experiencing symptoms of Covid-19

You must self-isolate for a period of 14 days from the day their symptoms began.

Please inform your tutor.

If you are informed *during* the college day of someone in your household having symptoms, please go immediately to the medical isolation room at each campus.

## Getting tested

Follow government [guidance](#) on how to get a test or contact the Coronavirus 119 Helpline.

## Test results/self-isolation

If a member of your household tests positive, you will need to self-isolate for a period of 14 days, even if you test negative. This is due to the virus's incubation period.

Please inform your tutor.

If all members of your household receive negative results you do not need to self-isolate **unless** you have informed otherwise by NHS Test & Trace, or you feel unwell with symptoms of Covid-19.

## If you are contacted by NHS Test & Trace

If you are told to self-isolate by NHS Test & Trace because you have come into contact with someone who has Covid-19, please:

- Self-isolate for 14 days from the date you were last in contact with that person
- Do not leave your home for any reason
- Do not have visitors in your home
- Try to avoid contact with members of your household as much as possible

It is important to remember that:

- People you live with do not have to self-isolate if you don't have symptoms
- People in your support bubble do not need to self-isolate if you do not have symptoms

Please inform your tutor of your absence and reason why.

If you are informed during the college day of someone in your household having symptoms, please go immediately to the medical isolation room at each campus

## Getting tested

Please contact the Coronavirus 119 Helpline to establish whether you require a test, and if so, whether you require a home test due to not being able to leave home.

## If a household member is self isolating *without* symptoms of Covid-19

If a member of your household is either contacted by NHS Test & Trace or sent home from their childcare facility/school/workplace because of a suspected/confirmed case within that setting, you **do not** have to self-isolate and can continue to come to college **providing** that said household member is not experiencing any symptoms.

If the household member develops symptoms, please follow the **blue column** in this document.

## Getting tested

It may not be necessary for your household member to get tested, but if it is, follow government [guidance](#) on how to get a test or contact the Coronavirus 119 Helpline.

## SEEK ADVICE

If you are unsure about any of the information in this document please contact your tutor.

This document will be updated as government guidance and advice changes.