

**Quarantine Guidance for students from Amber List countries who are required to quarantine.**

**September 2021**

When you enter England, you will begin a mandatory self-isolation period. You must travel directly to the place where you are staying. If you have to use public transport to get from the airport to your accommodation, please wear a mask and socially distance from other passengers where possible.

#### Long journeys to your quarantine accommodation

If you have a long journey within the UK to arrive at the place where you’ll be quarantining, you may be able to stop overnight in accommodation where you can quarantine yourself from others before continuing your journey.

**If you have or develop COVID-19 symptoms while travelling**

If you have COVID-19 symptoms, it is important that you do not travel by public transport. If you develop COVID-19 symptoms when you are travelling to England, you should tell one of the crew on your plane, boat, train or bus. They’ll let staff in the airport, port or station know, so they can tell you what you should do next when you arrive.

**Where to quarantine**

You must quarantine at the address you provided on the passenger locator form. This can include staying:

* in your own home
* with friends or family
* in a standard hotel or other temporary accommodation

You must quarantine in one place for the full quarantine period, where you can have food and other necessities delivered.

**The quarantine period**

The quarantine period is continuous from the day you arrive in England, and lasts for the next 10 full days after the day you arrived. This period is necessary because it can take up to 10 days for COVID-19 symptoms to appear. To count the days:

* the day you arrive in England is day 0
* the day after you arrive is day 1, and so on
* you can end quarantine at 11:59pm on day 10

**Test to Release**

Under the Test to Release scheme, you can choose to pay for a private COVID-19 test on day 5. If the result is negative (and the result of your day 2 test was negative or inconclusive), you can end your quarantine. You do not have to do this – it is a voluntary test. If you take up this option, you must still book and take your mandatory day 2 and day 8 travel tests, even if the Test to Release result is negative. Further information is available at https://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel

**Definition of quarantine**

Quarantine or self-isolating means staying in your home or place of residence and not going outside for any reason. You cannot go out to work, attend classes, go to social events, go shopping, visit public areas, or even go outside for a walk or to smoke.

The following rules apply, even if you and others you live near have been fully vaccinated:

* You should stay in a well-ventilated room with an outside window that can be opened, separate from other people in your home
* If you are staying in a hotel or guesthouse, or student accommodation with shared facilities, you must stay away from others who did not travel with you. You must not use shared areas such as communal kitchens, bars, restaurants, communal lounges or sports facilities
* If your bathroom is shared, you should wash all facilities with anti-bac spray before and after using them, every time you use them
* You should stay 2 metres apart from other people staying there at all times
* You should not go into the room of another resident, or allow anyone into your room until the quarantine period has ended
* You should not have any visitors, including friends and family
* You should have food and other necessities delivered

While you quarantine, NHS Test and Trace will contact you daily to confirm you’re following quarantine rules. You may also be visited by staff carrying out in-person checks on behalf of Test and Trace to make sure you’re complying with your legal duty to quarantine.

**Travel Test Package Day 2 and Day 8 Tests**

Your test package will be delivered to the address you entered at the time of booking. You should take the tests on Day 2 and Day 8. You can leave quarantine to post the tests in the Priority Post Box nearest to where you live. Enter your postcode here to find your nearest post box: <https://www.royalmail.com/services-near-you#/>

**Food deliveries**

You can order deliveries from a fast food service, or a supermarket - just create an account for a local supermarket (ASDA, ALDI, Tesco, Sainsbury’s, Morrisons or Co-op) and book the earliest slot available for home delivery. To secure the slot, you must add the minimum spend of goods in your basket and complete the payment by debit or credit card. You can delete or add items up to the day before your delivery, so it does not matter what you place in the basket at this stage (unless it is already within 24 hours of the delivery slot). Delivery slots can be booked up in advance so order well before you need the groceries. Aim for the cheapest slots as prices can vary.

Check with your Landlord or Concierge about the rules for deliveries during quarantine – if you do not have direct access to the main door from your room, you may have to arrange for delivery drivers to enter your building so that they can leave deliveries outside the flat door. In order to avoid misunderstandings with the Driver, in the ‘Notes’ field, supply your UK phone number so the driver can call you if he gets confused.

**Personal Hygiene and washing your hands**

Everyone should wash their hands regularly, but this is particularly important for people who have recently travelled to the UK because you could have contracted coronavirus and not yet developed symptoms. Wash your hands frequently with soap and hot water, for at least 20 seconds, rinse and dry thoroughly. Use alcohol-based hand sanitiser if soap and water are not available. Avoid touching your eyes, nose, and mouth.

**Hygiene within your Accommodation**

* Regular cleaning plays a vital role in limiting the transmission of COVID-19
* Clean frequently using cleaning products such as detergents and bleach, paying attention to all surfaces but especially ones that are touched frequently, such as door handles, light switches, work surfaces, remote controls and electronic devices
* Keep to your own plate, cup, bowl, and cutlery – wash them after eating and return them to your cupboard. Do not allow anyone else to use your things
* Use disposable cloths or paper roll to clean all hard surfaces, floors, chairs, door handles and sanitary fittings

**Washing clothes during the self-isolation period**

If you need to wash clothes, you should do this in your sink using washing powder or liquid detergent. Just wash essential items while you are self-isolating and hang then in your room.

**What happens if I develop COVID symptoms or have a positive test result?**

You should [order a test](https://www.gov.uk/get-coronavirus-test) at <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/essential-worker> if you develop at least one of these COVID-19 symptoms at any point:

* a high temperature
* a new, continuous cough
* you’ve lost your sense of smell or taste or it’s changed
* you are vomiting
* you have flu-like symptoms

If you become very ill, you should call the NHS service from your cell phone – 119. Do not leave your flat to visit a Doctor, Walk-in Centre or Emergency Room.

You should email the University’s Covid-19 Response Team at [covid@hope.ac.uk](mailto:covid@hope.ac.uk) and let them know. They will instruct you what to do – please confirm that you live off campus.

**How can I stay positive during self-isolation?**

Quarantining may be difficult, frustrating or lonely. [NHS Volunteer Responders](https://nhsvolunteerresponders.org.uk/services) are available if:

* you need help collecting shopping or medication
* you’d like a friendly chat

Call 0808 196 3646 (8am to 8pm) to arrange support. You can arrange one-off support, or schedule more regular help while you are quarantining.

You should also [take care of your mental health](https://www.nhs.uk/every-mind-matters/coronavirus/):

* Keep in touch with family and friends over the phone and on social media
* Take exercise – there are many exercise videos on YouTube, so you can exercise in your room.
* Read or prepare for your studies or read for pleasure
* Watch positive or uplifting films

Seek support if needed. There are sources of support and information, such as [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAIaIQobChMIsp-k1Irk6wIV84BQBh2u5Ah3EAAYASAAEgKxqPD_BwE>.

You can also contact the support or wellbeing services provided by the University. Further information is available at <https://www.hope.ac.uk/gateway/students/studentdevelopmentandwell-being/counselling/> and <https://www.hope.ac.uk/gateway/students/studentdevelopmentandwell-being/mentalhealthwell-being/>

**Ending quarantine**

If you have self-isolated for 10 full days (plus the day you arrived) and received a negative result to both your day 2 and day 8 tests, and you are well, you may leave the place where you’re quarantining.

After the quarantine period has expired, you can go about daily life in a normal way, as long as you keep to any Government guidelines in place at that time to reduce the risk of infection for yourself and other people. Please note that there are no current restrictions in the UK (September 2021), but it is recommended that you take precautions in crowded places such as supermarkets, cinemas and sports venues, such as wearing a mask, washing your hands regularly and social distancing where possible.

International Hub

Liverpool Hope University

Enquiries - [internationalhub@hope.ac.uk](mailto:internationalhub@hope.ac.uk)

Emergencies – Security 24/7 – 0151 291 3520