

**Tuesday 17 March 2020**

**UCQ are aware of the Coronavirus (Covid-19) pandemic and we're monitoring the situation daily.**

UK Chief Medical Officers raised the risk from the virus from moderate to high with advice to stay at home for 7 days if you have a high temperature or new continuous cough.

UCQ take the health and wellbeing of both staff and students very seriously and will be monitoring the situation and provide updates accordingly. In the meantime, we will be operating as business as usual, although for our HE CMDA provision, we will be moving to a remote delivery model until the situation improves.

**What to do if you suspect you have the Coronavirus**

If you display symptoms of the virus, stay at home and do not leave your house for 7 days from when symptoms started and **do not** go to a GP surgery, pharmacy or hospital.

You do not need to contact NHS111 to tell them you are staying at home.

People self-isolating, with mild symptoms, will not be tested.

The NHS is asking people only to use its 111 online service if:

- You cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms are not better after seven days

People are asked to only phone 111 if they cannot get help online.

**Household Isolation**

New guidance issued 16 March 2020 stated if you live with others and you or one of them have symptom, all the household members must self-isolate for **14 days**, starting when the first person in the house becomes ill.

**Stay at home guidance can be found at the link below -**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

The **NHS have published this Q&A** which gives a good overview on the origins of the virus, as well as the latest advice they are giving -

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## **Returning travellers**

As of 13 March 2020 the advice to returning travellers has been withdrawn and replaced with the Government's **Stay at Home** guidance -

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

If you are planning to travel abroad, the Foreign and Commonwealth Office (FCO) advises British people against all non-essential travel worldwide. The Covid-19 pandemic has led to unprecedented internal border closures and other restrictions. All countries may restrict travel without notice.

All staff and students are advised to remember the need to follow **good hygiene practices as advised by Public Health England** -

<https://assets.publishing.service.gov.uk/media/5e35b25740f0b609169cb52a/coronavirus-public-info-poster-2.pdf>

## **Updates**

The global picture is changing daily, please check the following update for **Information for the Public** -

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

PHE updates this information daily after 2pm. Please check updates regularly -

## **Employers and Businesses**

The Government have published additional information for **Employers and Businesses** - <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>