When to self-isolate and what to do[1]

What is self-isolation?
Self-isolation is when you do not leave your home / student accommodation because you have or might have coronavirus (COVID-19).
This helps stop the virus spreading to other people.

It's a legal requirement to self-isolate if you are told to by NHS Test and Trace. You could be fined if you do not self-isolate.

When to self-isolate
Self-isolate straight away and get a PCR test as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:
- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You should also self-isolate straight away if:
- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive

When you do not need to self-isolate
If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:
- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:
- take a PCR test to check if you have COVID-19
- follow advice on how to avoid catching and spreading COVID-19
- consider limiting contact with people who are at higher risk from COVID-19

Tell people you've been in close contact with that you have symptoms
Tell people you've been in close contact with in the past 48 hours that you might have COVID-19.
You should tell them to follow advice on how to avoid catching and spreading COVID-19.
They do not need to self-isolate unless they're contacted by the NHS Test and Trace service.
If they get any symptoms of COVID-19, they should self-isolate and get a test as soon as possible.

How to self-isolate
You must not leave your home / accommodation if you're self-isolating.

Don't:
- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis

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[1] https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/

- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

How long to self-isolate

If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days.
You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.

Additional LST specific advice:

- At LST we expect everyone visiting the campus to complete a lateral flow test before arriving on site. If coming on site multiple days, then please ensure your last reported negative test result was no more than 3 days ago.
- For resident students we recommend you take a test on a Sunday and Wednesday.
- All test results should be recorded on the Gov.uk site https://www.gov.uk/report-covid19-result and the resultant confirmation email forwarded to the LST email covid.result@lst.ac.uk on the day of the test. Should you have issues registering the test result on the Gov.uk site, please send a picture of the test cartridge instead.
- If you receive a positive result, please stay at home / in your student accommodation and arrange to take a PCR test and remain in isolation until the result comes back negative.
- If the test comes back positive, then complete the track and trace procedures and remain in isolation until your notified isolation period comes to and end, unless the symptoms persist, in which case follow the track and trace instructions you receive

Reporting a positive result

If you test positive, please ensure you immediately notify the appropriate person at LST for further advice:

If a student – Elizabeth Case (Elizabeth.case@lst.ac.uk) to discuss the test result and Regsitry (ugregistry@lst.ac.uk) to discuss the impact on your studies

If a member of faculty please let Elizabeth, Karen and Cor know

If a member of staff, then Elizabeth, Karen and your line manager