

Coronavirus (Covid-19): advice and guidance

Due to the continued impact of the novel coronavirus and the official updates being received, we would like to take this opportunity to reassure London School of Commerce & IT is closely monitoring the outbreak of Coronavirus (COVID-19) and are following guidance from the Department of Education, Public Health England and the Office for Students to mitigate the spread of the coronavirus (COVID-19) at the College.

Please do not come to the College / interact with staff or students at the College campus if you suspect that you might be infected.

Please inform the College about your absence via telephone (020 7702 2509) and mobile (+44 7908538314).

Please feel free to email us at **admin@lsci.org.uk** if you wish to discuss absence or general wellbeing related to the novel coronavirus.

Please find below the information extracted from the OfS Website at

<https://www.officeforstudents.org.uk/advice-and-guidance/student-wellbeing-and-protection/coronavirus/>

More information

As the situation is complex and may evolve, we also recommend using the following resources to stay up-to-date with the latest advice:

Take a look at the Public Health England poster on **[Advice on the coronavirus for places of education](#)**

Further advice and updates are also available on these sites: **[Public Health England](#)**, **[the Foreign and Commonwealth Office](#)**, the **[World Health Organisation](#)** and the **[Centres for Disease Control and Prevention](#)**.

Department for Education Coronavirus helpline

The government has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: **DfE.coronavirushelpline@education.gov.uk**

Opening hours: 8am to 6pm (Monday to Friday)

NHS Coronavirus helpline

The **[NHS has comprehensive advice on their website](#)** about what to do if you think you may have the virus, precautionary measures, and self-isolation procedures. If you have no internet access, you should call NHS 111

Coronavirus COVID-19:- Frequently Asked Questions

What is Coronavirus (COVID-19)?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus and was first identified in Wuhan City, China.

What is the current risk to the UK from Coronavirus (COVID-19)?

We are following [government advice](#) as to the risk of coronavirus, which has been raised to **HIGH** in the UK. This allows the government to plan for all eventualities.

How is Coronavirus (COVID-19) spread?

Because it's a new illness, we do not know exactly how the Coronavirus (COVID-19) spreads from person to person, but similar viruses spread by cough droplets.

For all our staff, students and visitors in the UK, in line with advice from the NHS, we would ask you to follow these basic hygiene rules to protect your own health and that of others:

DO

- [Wash your hands](#) with soap and water often for around 20 seconds (the amount of time it takes to sing "Happy Birthday" twice).
- Always wash your hands when you get home or into work
- While out and about with no access to soap and water, use [hand sanitiser gel](#) (containing at least 60% alcohol).
- Always carry tissues with you and use them to catch your cough or sneeze. Dispose of used tissues *immediately* and wash your hands thoroughly.
- Try to avoid close contact with people who are unwell

DON'T

- Do not touch your eyes, nose or mouth if your hands are not clean

What are the symptoms of Coronavirus (COVID-19)?

Symptoms of Coronavirus include:

- feeling tired
- difficulty breathing
- high temperature
- a continuous cough.
- For more information about symptoms please visit the [NHS webpages](#).

I'm a student, and I'm concerned I may have coronavirus. What do I need to do?

You should stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Guidance is changing at a fast pace so you should use this NHS website to ensure you are keeping up to date [NHS website](#).

When should I use the NHS 111 online coronavirus service?

You should use the online service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

How long should I stay at home?

If you have symptoms, you should stay at home for 7 days.

If you live with other people, they should stay at home for 14 days from the day the first person got symptoms.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

What to do if you have a negative result?

If you are tested and receive a negative result for COVID-19 and you have travelled to a specified [Category 1 country or area](#), please continue to self isolate until you have been back in the UK for 14 days, even if your symptoms have gone.

If you receive a negative result and have travelled to a specified [Category 2 country or area](#), please continue to self isolate until either your symptoms have gone or you have been back in the UK for 14 days, whichever is sooner.

If you receive a negative result and have had contact with a person known to have had COVID-19 you should remain in isolation until the end of the 14 day period.

If you develop new symptoms or your existing symptoms worsen within your 14 day isolation period then please call NHS 111 and follow their advice.

Where can I find the latest guidance about coronavirus?

The situation is evolving rapidly. Students are asked to continue to visit and regularly check the following websites for the latest updates and guidance [Public Health England website](#), [Foreign and Commonwealth Office \(FCO\) website](#), [GOV.UK website](#), [The World Health Organisation](#).