

Should I attend my lectures as normal?

Following internal meetings and the change in advice from Government yesterday, the University has decided that all face-to-face teaching will cease from the end of Tuesday 17 March. Teaching from Wednesday 18 March through to Friday 20 March is cancelled.

From Monday 23 March we will switch to the alternative method of teaching via online delivery and support. We appreciate there will be many questions, and details from academic departments will be sent out this week.

Our campuses remain operational and open so that we can support our students and provide essential services to those who call our University home and are unable to leave. Students are welcome to remain in halls of residence.

What should I do if I think I have coronavirus?

If you live alone and have symptoms of a persistent cough, a high temperature, tiredness and breathing difficulties, you should self-isolate for 7 days.

If you live with others and have symptoms of a persistent cough, a high temperature, tiredness and breathing difficulties, you and all other members of the household should self-isolate for 14 days.

For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

If your symptoms do not improve after 7 days, contact NHS 11 online – do not go to a GP, pharmacy or hospital. You may be tested for the virus at a hospital if your symptoms do not improve.

Let the University know you're unwell by calling the main switchboard on 01243 816222 and they will alert the Student Support and Accommodation teams so that you can be supported.

If you have a chronic health condition and are concerned and would like advice or reassurance, please contact student health at studenthealth@chi.ac.uk or call 07739983703.

If you do not have the symptoms above, but do have a cold, it is likely to just be a seasonal illness.

I've been advised to self-isolate but live in halls of residence, what should I do?

If you live with others and have symptoms of a persistent cough, a high temperature, tiredness and breathing difficulties, you and all other members of the household should self-isolate for 14 days.

For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

Self-isolation means staying at home for 7 days and not going to classes or work, using public transport such as buses or trains, or visiting public areas such as libraries, pubs or shops. Please make your flatmates aware and remain in your room as much as possible.

Let the University know you're unwell by calling the main switchboard on 01243 816222 and they will alert the Student Support and Accommodation teams so that you can be supported.

If you have not shown any signs of improvement after 7 days, contact NHS 111 online.

Your cough may continue for several week, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate.

I've been advised to self-isolate but live in shared private accommodation, what should I do?

If you live with others and have symptoms of a persistent cough, a high temperature, tiredness and breathing difficulties, you and all other members of the household should self-isolate for 14 days.

For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

Self-isolation means staying at home for 7 days and not going to classes or work, using public transport such as buses or trains, or visiting public areas such as libraries, pubs or shops. Please make your flatmates aware and remain in your room as much as possible.

Let the University know you're unwell by calling the main switchboard on 01243 816222 and they will alert the Student Support and Accommodation teams so that you can be supported.

If you have not shown any signs of improvement after 7 days, contact NHS 111 online.

Your cough may continue for several week, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate.

I am living with someone who is self-isolating, what should I do?

Students need to self-isolate if they display symptoms of a fever, cough or breathlessness. If you live with someone who is displaying symptoms Public Health England have advised the following:

1. Remain in self-isolation for 14 days
2. Stay at least 2 metres (3 steps) away from other people in your home where possible
3. Sleep alone, if possible
4. Wash your hands regularly for 20 seconds, using soap and water
5. Keep rooms well ventilated by opening windows
6. Use your own toothbrushes, eating and drinking utensils, dishes, drinks, bed linen and towels (especially for hand washing)
7. Clean surfaces regularly, especially in shared spaces such as the bathroom and kitchen
8. Everyone in the household should avoid touching their face
9. Do not have visitors to your house

I have coronavirus. How can I help myself get better?

For most people, coronavirus will be a mild infection with symptoms of a continuous cough and a high temperature.

1. Make sure you stay at home and get friends, family or employers to help out with delivering shopping or picking up medication
1. Drink water to ensure you stay hydrated
2. Use 'over the counter' medications such as paracetamol to help with your symptoms
3. Wash your hands frequently for 20 seconds

Keep in touch with friends and family over the phone and social media, and make sure you feel supported. Keep yourself busy with reading, watching films, online learning or light exercise if you are well enough. [Take a look at the Every Mind Matters website](#) for more advice from the NHS about mental health.

You should remain self-isolated for 14 days from the onset of your symptoms if you live with other people. If you have not shown any signs of improvement after 7 days, contact NHS 111 online.

Your cough may continue for several week, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate.

If you have a chronic health condition and are concerned and would like advice or reassurance, please contact student health at studenthealth@chi.ac.uk or call 07739983703.

I have been advised to self-isolate, but how will this affect my studies?

Please do not worry about being absent from your studies for this short period of time. The University is preparing for any situation where students miss lectures or have to be taught from home.

If I choose to go home because of the coronavirus outbreak, will I be penalised for lack of attendance?

Teaching from Wednesday 18 March through to Friday 20 March is cancelled. From 23 March we will switch to the alternative method of teaching via online delivery and support. The University will support you via online learning materials, and will continue to deliver lessons online. We may also grant extensions or apply mitigating circumstances.

Academic departments will communicate changes to lessons and assessments via University email and Moodle, so please keep checking.