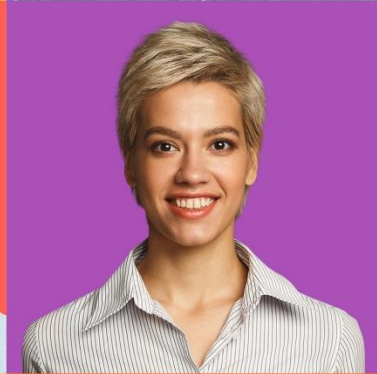
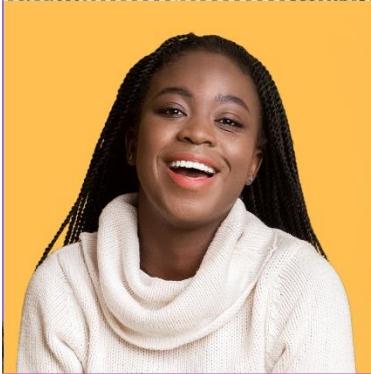


What you can do to keep safe from COVID-19 at University



Information correct as of 29 September 2021

Introduction

Health services and your university are doing all they can to keep you safe as you start or return to university.

However, you should still take precautions to stop the spread of COVID-19 infection, and it is our collective responsibility to ensure we do our best to limit transmission and protect others from catching the virus.

Below is some of the latest COVID-19 guidance relevant for you as you return to university, as well as what you can do to keep safe during Freshers Week and beyond.



Register with a local GP practice

This will ensure you have access to a local doctor during your time at university. GPs will also be able to answer any questions you have on vaccinations.


If you are unsure which GP to sign up for, visit your university's website, ask your university's health and wellbeing team or find a GP practice [here](#).

If you are an international student and you have received one or both doses of your COVID-19 vaccination course abroad, you should register with a GP and update your vaccination status. They will be able to advise you on next steps, including whether you need any further vaccinations. Registering with a GP is free of charge, and they will be able to support you with your health needs beyond vaccinations.



“Register with a GP near your university as soon as possible, so you are covered if you need emergency care and you can access health services quickly and easily.”

Dr Oge Ilozue
General Practitioner
(GP) and Clinical Advisor
for the London COVID-
19 Vaccination
Programme



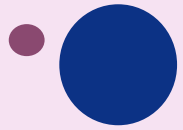
Make sure you have both doses of your COVID-19 vaccine

The best way of protecting yourself from COVID-19 is by getting vaccinated. It may also mean that [you don't need to self-isolate](#) if you come in to contact with someone who tests positive for COVID-19.

Current [guidance](#) states that anyone over 18 (or within 3 months of their 18th birthday) should have both doses of the COVID-19 vaccine. Although you are encouraged to book your vaccine once you are registered with a GP, you can get your vaccine without registering. You can get your vaccine by booking an appointment through the [National Booking Service](#) (you may need your NHS number), or by going to a [walk in vaccination centre](#) near you. You don't need an appointment to go to a walk-in vaccination centre. The vaccine is free for everyone, including international students.

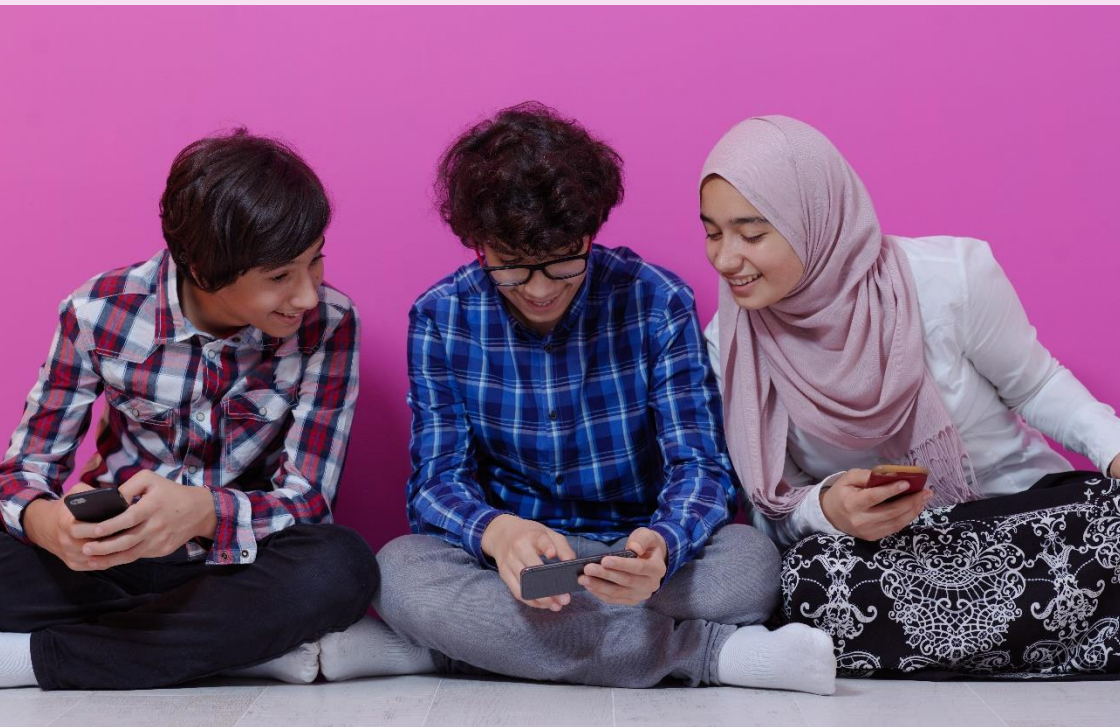
You will be eligible to have your second dose no sooner than 8 weeks after you have had your first dose, and you don't need to have both doses in the same location – so if you had your first dose before coming to university, you can still get your second dose somewhere else. If you have already booked your second dose and would like to change this to a new location, you can cancel and re-book in a new location through the [National Booking Service](#).

International students and your COVID-19 vaccine



If you are an international student, you can also get vaccinated in the UK for free – you should register with a local GP practice and use your assigned NHS number to book your vaccination appointment, or visit a [walk-in vaccination centre](#).

If you have received the first dose of a vaccine abroad, and that vaccine isn't available in the UK, you will be offered the most similar alternative. A GP will be able to advise which vaccine will be most appropriate for you to complete your full course of vaccination.





Make sure you are up to date with other vaccinations

COVID-19 is one of several infectious diseases to be aware of as you return to university.

It is important to ensure you are up to date with all vaccinations, to protect against meningococcal diseases such as meningitis (MenACWY vaccine) and measles, mumps and rubella (MMR vaccine).

If you are unsure whether you need any further vaccinations, contact your GP surgery. If you have just registered for a new GP in London, they should have access to your health records and will be able to advise if you need any further vaccinations. International students may also require further vaccinations. You should contact your GP surgery to confirm this.



Test twice weekly, even if you don't have COVID-19 symptoms



On arrival at university, you should take two LFD tests either using home test kits or at an on-site testing facility (3-4 days apart). This is to reduce the risk of transmission following movement of students across the country.

Following this, you are advised to test twice weekly at home or at an on-site testing facility. It is important to continue to test, even if you don't have symptoms, given up to [40% of people who test positive for COVID-19 are asymptomatic](#).

You can order free rapid lateral flow test kits [online](#), or collect test kits in person from [participating pharmacies](#). Your university may also offer tests to take on campus or to carry out at home.

You should only use lateral flow tests when you don't have [COVID-19 symptoms](#). If you have one or more COVID-19 symptoms, you should self-isolate immediately and [book a PCR test](#).

Some universities may request confirmation of a recent negative COVID-19 test to access campus facilities. You should check your university's guidance on COVID-19 testing for more information.



Testing and results

If you are on a placement and not attending university, you should follow their testing regime.

You should not travel to university to be tested before travelling to a placement unless advised to do so.

You should log all test results, whether positive, negative or void [here](#). Reporting results helps the NHS monitor the spread of the virus and save lives.

If you test positive on a rapid lateral flow test, you should self-isolate immediately, [book a PCR test](#) to confirm the result and inform your university.

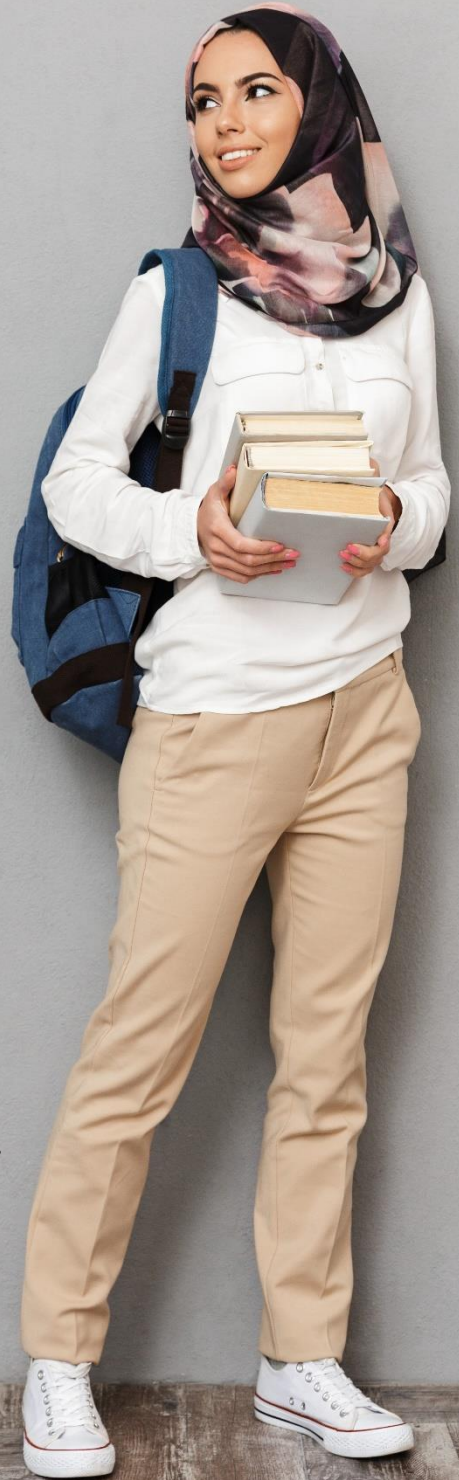
If you have a medical or other reason that prevents you from engaging in regular testing, you should talk to your university about alternatives.

If you feel unwell, self-isolate and get tested

If you have one or [more COVID-19 symptoms](#), you should self-isolate immediately – do not socialise or visit the university campus and book [a PCR test as soon as possible](#).

If you test positive after a PCR test, you will need to inform NHS Test and Trace and your university. Your university may also be able to support you while you self-isolate – you should check your university’s website for further details.

NHS Test and Trace may contact you to ask who you have been in close contact with prior to developing COVID-19 symptoms. You should tell them everyone you have been in close contact with, regardless of whether you think they are exempt from self-isolation.



If you are contacted by NHS Test and Trace, follow their guidance on self-isolation.

Individuals who have had both doses of the COVID-19 vaccine [do not need to self-isolate](#) if they are identified as a contact of someone who has tested positive for COVID-19. If you are contacted by NHS Test and Trace they will confirm whether you are exempt from self-isolation, and you must follow their guidance.

If you haven't received both doses of the COVID-19 vaccine and NHS Test and Trace inform you that you have been in close contact with someone who has tested positive for COVID-19, you will need to self-isolate for the amount of time stated by NHS Test and Trace.

If you are an international student and you received a full course of COVID-19 vaccination abroad, you may not be [exempt from self-isolation](#) as a contact of a positive case. You should follow the guidance given to you by NHS Test and Trace, and self-isolate if advised to do so.





Continue to wear face coverings and socially distance where appropriate

Wearing face coverings and keeping your distance from others is one of the most effective ways of stopping COVID-19 transmission, particularly in crowded spaces.

Although you are no longer legally required to wear face coverings in most spaces, you are still required to wear face coverings on London transport services e.g. buses, trains, tubes. Your university may ask you to wear face coverings and distance while on campus – you should check this guidance with your university before going to campus.

Look after your mental health

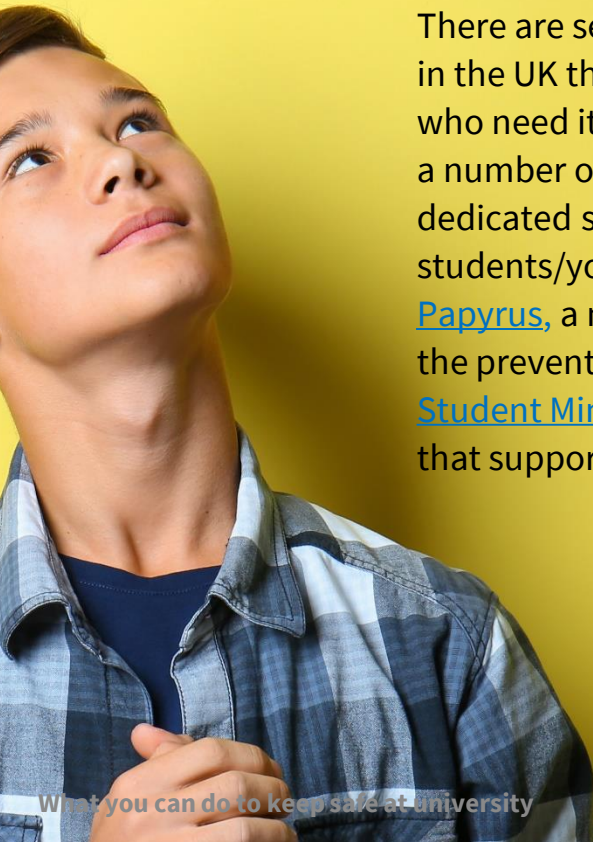


University can be a stressful time, and it's important you take steps to look after your mental health, particularly if you feel you are struggling.

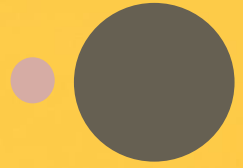
Many colleges and most universities have a free and confidential in-house counselling service you can access, with professionally qualified counsellors and psychotherapists, which you can find in the counselling service section of your university's website. Many universities also have a [mental health adviser](#) who can help you access the support you need.

You can also speak to your GP or go to the [NHS website](#) for more information on available support.

There are several [mental health charities](#) in the UK that offer free support to those who need it, including students, as well as a number of mental health charities dedicated specifically to supporting students/young people, including [Papyrus](#), a national charity dedicated to the prevention of young suicide, and [Student Minds](#), a mental health charity that supports students in the UK.



Want to know more?



Further resources

- [NHS advice on COVID-19 including symptoms, testing, self isolation and vaccination](#)
- [NHS COVID-19 vaccination NHS Vaccine Facts](#)
- [COVID-19 vaccination: guide for adults – various translations](#)
- [How we can continue to protect ourselves, each other and reduce the spread of COVID-19](#)

Videos

- [COVID-19: Vaccination programme FAQ explainer videos – YouTube](#)
 - [COVID-19 vaccination: British Sign Language resources - GOV.UK](#)
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