WARN AND INFORM LETTER 4C

Dear Students and Staff,

## COVID-19 Outbreak at XXXXX

Over the last xxx days/week(s) we have been made aware of several students and/or staff in our *university community or /specific course/halls of residence* who have tested positive

for coronavirus (COVID-19). We are continuing to monitor the situation and are working closely with Public Health colleagues.

This letter is to inform you of the current situation and provide advice. The University remains open and you can continue to attend if you remain well. We will keep this under review. Any individuals who have been identified as [contacts](https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person) of a confirmed case should receive guidance from NHS Test and Trace and will be advised to take a PCR test. If you think you are a [close contact](https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person) but have not been contacted directly by NHS Test and Trace please follow the guidance [here](https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person#i-think-i-have-had-contact-with-someone-who-has-tested-positive-for-covid-19-but-i-have-not-been-notified-and-advised-to-self-isolate-what-should-i-do).

## Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

* new continuous cough
* high temperature
* a loss of, or change in, normal sense of taste or smell (anosmia)

If you or anyone in your household does develop symptoms, you can seek advice from NHS 111 [online](https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/) or by phoning 111. A number of people frequently present with a wider range of symptoms. If you have wider symptoms or are in any doubt, you can register for a [PCR test](https://www.gov.uk/get-coronavirus-test) [online](https://www.gov.uk/get-coronavirus-test).

## What to do if you develop symptoms of COVID 19

If you develop symptoms of COVID-19, you should get a [PCR test online](https://www.gov.uk/get-coronavirus-test) and remain at home at least until the result is known. Seek medical attention if you are concerned about your symptoms

* + If negative, you can end self-isolation and return to your normal daily activities when you feel well enough, and for at least 2 more days if you have had diarrhoea or vomiting.
	+ If positive, you should isolate for 10 full days after your symptoms appeared. If you have a positive test result, but do not have symptoms, you should stay at home and self - isolate for 10 days from the date the positive test was taken. This isolation period will be extended if you go on to develop symptoms by counting 10 full days from the day following their symptom onset. Anyone with symptoms will be eligible for a [PCR test](https://www.gov.uk/get-coronavirus-test) [online](https://www.gov.uk/get-coronavirus-test).

## Instructions for people who live in the same household as someone with COVID-19 (tested positive or symptomatic awaiting a test result)

Any member of the household (a household in halls of residence is normally considered to be those **students living in the same flat, or on the same floor, who share a kitchen or bathroom, rather than an entire block**). If they are aged 18 years and 6 months or

over and have either not been vaccinated with COVID-19 vaccine or only received one dose of the vaccine, will still be required to self-isolate as a household contact of ~~a~~ someone with COVID-19 symptoms awaiting testing and/or someone who has tested positive for COVID-

1. Please read our [guidance](https://www.manchester.ac.uk/coronavirus/support-current-students/self-isolation/) and the [stay at home guidance](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance) for more information.

From 16 August, you will not be required to self-isolate if you are a contact of someone who has tested positive for COVID-19 and any of the following apply:

* + you are fully vaccinated (with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine)
	+ you are below the age of 18 years 6 months
	+ you have taken part in or are currently part of an approved COVID-19 vaccine trial
	+ you are not able to get vaccinated for medical reasons

NHS Test and Trace will contact you to let you know that you have been identified as a contact and check whether you are legally required to self-isolate. If you are not legally required to self-isolate, you will be provided with advice on testing and given guidance on preventing the spread of COVID-19. Even if you do not have symptoms, you will be advised to [have a PCR test](https://www.gov.uk/get-coronavirus-test) as soon as possible. Household members who are not exempt from isolation as close contacts should not go to work, education settings or public areas, and exercise should be taken within the home. If you need support during this time, please

see our [support and wellness](https://www.manchester.ac.uk/coronavirus/support-current-students/coronavirus-faqs/) advice. You may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](https://www.gov.uk/government/publications/test-and-trace-support-payment-scheme-claiming-financial-support/claiming-financial-support-under-the-test-and-trace-support-payment-scheme) if you are required to stay at home and self-isolate or you are the parent or guardian of a child who has been told to self- isolate. Those who are clinically extremely vulnerable or high risk should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

## Instructions for household contacts who are not required to self-isolate from 16 August

Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self- isolate, you can help protect others by following the guidance on how to stay safe and help prevent the spread. As well as getting a PCR test, you may also consider:

* + limiting close contact with other people outside your household, especially in enclosed spaces
	+ wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
	+ limiting contact with anyone who is clinically extremely vulnerable · taking part in regular LFD testing

You should follow this advice while the person in your household with COVID-19 is self- isolating. If you are a health or social care worker who has been identified as a household contact and are exempt from self-isolation, there is additional [guidance](https://www.gov.uk/government/news/frontline-health-and-care-staff-can-work-rather-than-self-isolate) available that you should follow to reduce the risk of spread of COVID-19 in these settings. If you develop symptoms at any time, even if these are mild, self-isolate immediately, arrange to [have a](https://www.gov.uk/get-coronavirus-test) [PCR test](https://www.gov.uk/get-coronavirus-test).

## What to do if you live in halls of residence?

If you develop symptoms of COVID-19 and live in a hall of residence you will need to [report](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_ero5ZwsafR9UW90) [this](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_ero5ZwsafR9UW90) and to the accommodation provider, so we can take necessary [actions and support](https://www.manchester.ac.uk/coronavirus/support-current-students/coronavirus-faqs/) you in self-isolating.

## How to stop COVID-19 spreading

There are things you can do to help reduce the risk to you and the spread of COVID-19:

* + Get vaccinated – please [book your COVID-19 vaccination](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)

[appointments](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/) and [‘fluvac](https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/) now. This includes boosters and third doses for those eligible. Manchester has a number of sites available [here](https://secure.manchester.gov.uk/info/500362/covid-19/8079/covid-19_vaccination_programme).

* + Wash your hands with soap and water or use hand sanitiser regularly throughout the day
	+ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
	+ Put used tissues in the bin immediately and wash your hands afterwards
	+ Meet people outside and avoid crowded areas
	+ Open doors and windows to let in fresh air if meeting people inside
	+ Wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
	+ Participate in twice weekly [LFD testing](https://www.manchester.ac.uk/coronavirus/support-current-students/covid-19-testing/). We encourage you to log your results [here](https://www.gov.uk/log-test-site-covid19-results)
	+ If you develop symptoms of COVID-19 you must stay at home and arrange a test for COVID-19. You can find further information or check your symptoms at [NHS 111 online](https://111.nhs.uk/covid-19/)

## Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

<Name>

University of Manchester COVID-19 Support Team