

INFORMATION SHEET TO BE SHARED WITH HOUSEHOLD MEMBERS OF A STUDENT NOTIFIED AS POSITIVE COVID-19 CASE (LIVING OUTSIDE OF BU RESIDENCIES)

We have been informed that a member of your household has a confirmed case of Covid-19. You must now follow the [government guidelines for self-isolating](#). During this time, you must not leave your accommodation for a **minimum of 14 days from the day your housemate was tested (this is because it can take up to 14 days for symptoms to appear)**. Go to the Government's [how long to self-isolate](#) web page for more information. If you develop symptoms during this time you should get a test straight away and let us know. Information about how to access a test is available on the Government's [Test and Trace](#) website.

Whilst you are isolating you should follow this guidance:

- Limit your contact with the people you live with (we suggest setting up a WhatsApp group so you can continue to communicate with the people you live with)
- Stay in your room as much as you can.
- If you need to use the shared facilities make sure that there is no one else using them at the time, wear a face covering and clean the areas down thoroughly after you have finished.
- Do not share any items, e.g. plates, cups, dish cloths and towels
- Double bag your rubbish and keep it stored for 72 hours before putting it outside your house for disposal.
- Arrange for online shopping to be delivered (if you are really stuck for the essentials then let us know)
- Laundry. You will not be able to use the communal launderette. We suggest that you purchase some clothes hand washing powder to clean the essentials from in your accommodation. You will then need to wait a further 72 hours after your self-isolation has ended when you can then take your laundry to the launderette. To minimise the possibility of dispersing virus through the air, do not shake dirty laundry. Wash items in accordance with the manufacturer's instructions.
- Do not leave your accommodation and do not have any visitors.
- If you have to leave your accommodation due to an emergency, e.g. fire alarm, then wear a face covering and remain socially distanced from others until you can return to your accommodation.
- If you develop symptoms then go to [NHS online](#) and follow the instructions and notify [AskBU](#)
- If you develop symptoms or test positive, then let us know immediately
- Join our dedicated Facebook Group (isolation bunker) for students who are currently isolating for activities and updates: <https://www.facebook.com/groups/370231007353420>

If you are a Bournemouth University Student we will now inform your Faculty team that you are isolating so that they can make any necessary arrangements for your programme of study.

Keeping well during isolation

During isolation you may need to obtain food or medicines. If you are unwell it is particularly important that you drink lots of fluids and eat as healthily as you can. All the major supermarkets offer a home delivery service and you may find the following links of use. Please note that some supermarkets have a minimum spend and some charge for delivery. See <https://www.savethestudent.org/save-money/food-drink/a-students-guide-to-online-food-shopping.html> for comparisons of minimum spend and delivery charges

[Aldi](#)
[ASDA](#)

[Co-Op](#)
[Iceland](#)
[Ocado](#)
[Sainsburys](#)
[Tesco](#)
[Waitrose](#)

[HelloFresh](#): Order full meals plans and recipes, delivered to your accommodation from £2.50 per meal.

Most chemists are able to arrange delivery of medicines if you register for the home delivery service. Alternatively you could ask a friend or flatmate if they are able to help. You can find a list of local pharmacies at <https://www.nhs.uk/service-search/find-a-pharmacy>

If despite exploring other options you are still unable to obtain essential food or medicines and you are a Bournemouth University Student, please contact the [Student Support and Engagement Team](#) (SSET) who will arrange for these to be picked up on your behalf and delivered to you. Payment will be via vouchers which can be bought online from the following retailers

[Aldi](#) - purchase vouchers that can be sent to your home
[Asda Volunteer Shopping Card](#)
[Co-op](#)- purchase or top up a gift card by calling 0800 029 4592
[M&S 'We're all in this together' E-Card](#)
[Sainsbury's](#)
[Waitrose](#)

If you require any support or guidance during this time, please contact our [AskBU Team](#).