**COVID-19 FAQs**

**When should you self-isolate?**

When you have any symptoms of COVID-19, including:

* A high temperature (>37.8deg C)
* New and continuous cough
* A change to your sense of smell or taste
* You live with someone who has symptoms or tested positive
* Someone in your support bubble has symptoms or tested positive
* You are identified as a significant contact and told to self-isolate by NHS test and trace or by your clinical placement provider.
* You arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

**How can I arrange a test?**

Please use the NHS testing service [here](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/).

Or

If you are currently attending a clinical placement it may be possible for the organisation where you are working to offer you a test if you have been exposed whilst on placement and we expect the placement provider will provide you with the information you require.

If you develop symptoms you should be tested within the first 8 days. You do not need to get a test if you don’t have any symptoms or your symptoms are different**.**

**How long should you self-isolate for?**

If you have symptoms or test positive you will need to isolate for at least 10 days from when your symptoms started. If after 10 days you no longer have symptoms inform the SoM and you may return to clinical placements/face to face teaching.

If you had a positive test but have no not had symptoms you must self-isolate for 10 days from when you had the test.

You will need to self-isolate for 14 days if:

* Someone you live with has symptoms or tested positive
* Someone in your support bubble has symptoms or tests positive
* You have been told to self-isolate by NHS Test and Trace
* You are informed by clinical placement that you are a close contact of a positive person where you have not worn appropriate PPE or there has been a PPE breach.

**How are the contact periods defined for COVID-19?**

This information is helpful when identifying your close contacts. If you become symptomatic you should inform the people you have had contact with in the past 48 hours to make them aware you may have coronavirus. They do not need to self-isolate unless your tested positive or they themselves develop symptoms. They should however take care to follow social distancing and handwashing advice. If your tested positive they will need to self-isolate for 14 days.

* If symptomatic contact periods are defined as ‘from 2 days before the first day of symptoms and up to 7 days after. Day 1 is the first day of symptoms and not the date of the test or day you receive your results.
* If you have been tested and are asymptomatic contact periods are defined as ‘from 2 days before positive C-19 test and up to 7 days after the test. Day 1 is the day you have a positive swab test – if you subsequently develop symptoms use the earliest date i.e. test date

**What is classed as a close or significant contact?**

* Close or face to face contact (less than 1 Meter) for any amount of time, this includes talking to them.
* Being in 1-2 meters of each other for greater than 15 minutes- this includes travelling in a car.
* Spending lots of time in their/your home.

**If I am symptomatic how long should I self-isolate for.**

If you are displaying symptoms of COVID-19 you should self-isolate straight away. If your test comes back positive you should continue to self-isolate for a minimum of 10 days from when your symptoms started or longer if you remain unwell. If after 10 days you still have a temperature you should continue to self-isolate and seek medical advice. If you continue to experience a cough or loss of taste or smell, then please liaise with SoM re returning to placement as symptoms can last for several weeks. If your test is negative you may stop self-isolating.

**I have been informed by my placement provider that I have had contact with a member of staff/patient who has tested positive for COVID-19. What should I do?**

Within most placement areas contact tracing is being conducted by the clinical teams and so it is likely a member of the placement team will contact you to gather further information about your period of contact with the positive person and to conduct a risk assessment. What happens next will also be determined by whether during your period of contact you were wearing adequate PPE.

If it is evident that there has been close contact where you were not wearing appropriate PPE or there was a PPE breach, then you will be required to self-isolate for 14 days. If you are asymptomatic you may still be offered testing by your placement provider, but most areas are only offering testing to staff who become symptomatic. Your placement should inform you of the correct procedure during your induction.

In some clinical areas where staff have tested positive this may trigger an asymptomatic staff screening process. If this is the case and you are asymptomatic then you can continue attend placement as normal unless you develop symptoms, or the screening test is positive for COVID-19. This is not the same as being identified as a contact.

**Do I need to self-isolate if I have been caring for a patient who has confirmed Coronavirus?**

Only if you were not wearing appropriate PPE and have had close contact. If you have been wearing appropriate PPE and this has not been breached, then there is no requirement for you to self-isolate unless you become symptomatic.

**I have been informed by the NHS track and trace system that I have had contact with someone with COVID-19 and should self-isolate. What should I do?**

You must self-isolate immediately for 14 days and follow the reporting procedure for the University and SoM. Your isolation period will be 14 days from your last contact with the positive person. If you become symptomatic during the isolation period, you should access testing.

**I have developed symptoms of COVID-19 and have recently attended face to face teaching. What do I do?**

Self-isolate, arrange to get tested and inform the University and SoM. You are required to complete a Microsoft form which asks you to provide information about the teaching you have attended. A member of SoM staff will contact you to assess the risk and advise you what to do next. Once you have received your test results please inform the SoM. If your test is positive they will contact the person responsible for the teaching sessions you have attended and any other students who may be affected. If your test is negative then no further action is required and you may return to teaching once you feel well enough.

**I have been informed that someone who was in my face to face teaching session has since tested positive for COVID-19. Do I need to self-isolate?**

If the SoM haven’t already contacted you then you must inform them and isolate until you have received advice on what to do next. A member of staff from the SoM will request further information to help assess the risk and advise you what you need to do next. If you were wearing appropriate PPE (surgical mask, eye protection, gloves, apron) and there was no PPE breach then it is unlikely you will need to self-isolate however a risk assessment will need to be conducted to determine this.

If you were not physically distanced or wearing appropriate PPE then it is likely you will need to self-isolate for 14 days from the date when you attended the teaching session.

**I have developed COVID symptoms whilst on placement. What should I do?**

If you develop symptoms whilst on placement (or within 48 hours of leaving placement) – ensure you are wearing a surgical mask, inform your clinical supervisor and go straight home. Your household need to self-isolate pending your test result. If C-19 test positive- to self-isolate for minimum 10 days. If negative – can return to clinical placement when well enough following discussion with SoM.

**I have tested positive for COVID-19 and have recently attended a clinical placement. What do I do?**

You must continue to self-isolate inform the SoM as soon as possible. They will contact your placement provider to enable them to initiate their track and trace arrangements and assess the risk to staff and patients. It is likely they will need to speak to you to gather further information about your close contacts and use of PPE. You may also wish to contact your placement lead directly after informing the SoM to expedite this.

If you have had close contact with anyone outside of placement or teaching then you should let them know.

Inputting your results into the NHS track and trace app may help to identify further contacts.

**Why is it important to turn off the NHS Track and Trace app whilst I am on clinical placements?**

In line with government guidance for health care workers, you should deactivate the NHS contact tracing app whilst working or attending teaching within clinical areas and wearing appropriate PPE. This is to prevent you from being incorrectly told to self-isolate. You should reactivate the app after leaving clinical placement.

**Someone I have been car sharing with to get to placement has tested positive for COVID-19. What should I do?**

This is classed as significant/close contact and you will need to self-isolate for a period of 14 days. If you become symptomatic access testing. Inform the University, SoM and placement provider of your absence.

If you are asymptomatic then you can continue to study online but must not attend clinical placements until your isolation period has ended.

**I have tested positive for COVID-19 and live in a shared house. I have been trying to self-isolate since I started to feel unwell so do the rest of my household still need to self-isolate?**

Yes, anyone who lives in the same house as you are classed as part of your household and so in accordance with government guidance will still need to isolate for 14 days.

**My flat mate is showing symptoms of COVID-19. Do I need to isolate?**

Yes, everyone in your household should isolate until your flatmate has been tested and received their result. If it is positive you will need to self-isolate for 14 days.

If your flatmates test comes back negative and you have no symptoms then you may stop self-isolating and return to placement/teaching.

**Why am I required to complete two forms (a University one and School one)?**

The School form captures information on clinical placements and any face to face teaching for us to support you and manage any learning recovery. The University form links to Track and Trace and links to university residences.

**I’m self-isolating but not on placement and feel well enough to engage with my studies, do I need to report my absence?**

No, if you are feeling well enough you do not need to report your absence – continue with your online studies. You will only need to report your absence if you miss face to face teaching.

**Who can I talk to in the School to discuss my wellbeing?**

There are several options available:

- School of Medicine Student Support team via [somstudentsupport@leeds.ac.uk](mailto:somstudentsupport@leeds.ac.uk)

- your personal tutor – if you do not know who your personal tutor is please contact [somstudentsupport@leeds.ac.uk](mailto:somstudentsupport@leeds.ac.uk)

- your MBChB Year Lead or Programme Lead

**I’m self-isolating and require an emergency food box**

Complete the form [here](https://eu.eventscloud.com/ereg/newreg.php?eventid=200212778).

**Where can I get online food deliveries from in Leeds?**

A list has been compiled [here](https://medium.com/@UniversityofLeeds/online-food-shopping-in-leeds-239cd3f9dd25).

**I’m self-isolating and need support**

[LUU](https://docs.google.com/forms/d/e/1FAIpQLSclx6H0jedxzukLh6Iz5tugj-YxuJnq19cyKD-Q_O_BDCPRyQ/viewform) is here to help. Further support is available [here](https://students.leeds.ac.uk/info/10101/welcome/679/asking_for_help). As your School we are also here to help, please email the [Student Support Team](mailto:somstudentsupport@leeds.ac.uk) or your personal tutor in the first instance.