

COVID-19 FAQs

When should you self-isolate?

Please follow the guidance [here](#) on when to self-isolate.

Anyone who has COVID-19 symptoms should stay at home (or go home immediately), self-isolate, book a coronavirus PCR test, and follow Government and University guidance.

If you are participating in asymptomatic Lateral Flow Testing and receive a positive result, you must [book a PCR test](#) and self-isolate pending your result.

Recent changes in the government guidance mean that healthcare workers (including medical & PA students) who are notified that they are a contact of a COVID-19 case are not required to self-isolate if they are fully vaccinated.

It is important to highlight that a number of our placement providers are working to different guidance and still require staff notified as close contacts to self-isolate. If you are notified as being a close contact whilst on clinical placement you must adhere to the guidance of the organisation where you are on placement. Please contact your placement supervisor for advice on what to do next.

If an unvaccinated or partially vaccinated student is notified as a contact of a COVID-19 case, by NHS Test and Trace or placement provider, they must self-isolate and follow government guidance.

<https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings>

How can I arrange a test?

Rapid Lateral Flow Testing (LFT)

If you are asymptomatic twice weekly Rapid Lateral Flow Testing is advisable to help stop the virus spreading. Even if you are vaccinated, there is still a chance you can pass the virus on so you should keep getting tested regularly. Free LFT and access to home testing kits are available on campus.

Further information can be found [here](#).

How to get a PCR test

You can order a PCR test kit to be sent to your home or book an appointment at a walk-in or drive-through test site. <https://www.gov.uk/get-coronavirus-test>

If you have developed symptoms, you should get a PCR test within the first 8 days but ideally arrange a test as soon as possible. Test sites are open 7 days a week.

You should not access this service if you have already received a positive PCR test result in the last 90 days unless you develop new symptoms.

It may be possible for the organisation where you are currently on placement to offer you a test if you have been exposed whilst on placement. The placement provider will provide you with information about local testing arrangements if required.

How long should you self-isolate for?

It is important that we continue to take steps to reduce the spread of Coronavirus. If anyone has COVID-19 symptoms, it is important to stay at home (or go home immediately), self-isolate, book a coronavirus PCR test, and follow Government and University guidance.

If you have tested positive for Coronavirus then you must self-isolate for 10 days. The isolation period includes the day the symptoms started or the day your PCR test was taken if you do not have symptoms, and the next 10 full days. Please remember to [report your result to the university](#) and School of Medicine ([SoM Covid reporting form](#)).

If you live in the same household as a person who has symptoms of coronavirus (COVID-19) or who has received a positive test result, follow the stay-at-home guidance for households.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

If you have been in close contact with, but do not live with, a person who has tested positive for COVID-19, in the first instance follow the government guidance for healthcare workers then follow the local guidance of your placement provider.

<https://www.gov.uk/government/publications/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings/covid-19-management-of-exposed-healthcare-workers-and-patients-in-hospital-settings>

What is classed as a close or significant contact?

The government outlines what is meant by a close or significant contact [here](#).

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 and local guidance for staff identified as a close contact. Your placement provider should inform you of the correct procedure during your induction.

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 may be required to self-isolate for 10 days.

For some students, this may mean that you will miss placement time whilst you are self-isolating. We will continue to work with those students affected to organise placement recovery time.

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

Self-isolate immediately and arrange to get a PCR test. The self-isolation period includes the day your symptoms started (or the day you had the test if you do not have symptoms) and the next 10 full days.

If your test result is positive, please remember to [report your result to the university](#) and School of Medicine ([SoM Covid reporting form](#)).

If your test is negative then no further action is required, and you may return to teaching once you feel well enough.

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. You should follow the stay at home guidance and arrange to have a PCR test either through the NHS Test and Trace service or your placement provider as soon as possible (testing is most sensitive within 3 days of the development of symptoms)

If you are at home, you should not attend placement whilst awaiting your PCR test result and should notify your placement provider and the SoM.

Other members of your household may need to self-isolate pending your test result as outlined in the Stay-at-Home guidance. <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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

Updated guidance has been issued by the Department of Health and Social Care and NHS Test and Trace which states:

"NHS staff should download the NHS COVID-19 app to help stop the spread of COVID-19.

"However, staff should use the 'pause' contact-tracing function on the app when they are in healthcare buildings, including hospitals.

"Healthcare workers are still able to use some of the app's functionality while the app contact-tracing feature is 'paused', for example when 'checking in' to cafés and restaurants on hospital sites by scanning a QR code on the posters in these facilities."

Further information is available at <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Do I have to have received the COVID vaccine to go on clinical placement?

In line with the most recent national guidance, all Undergraduate Medical and Physician Associate students who are attending face to face placements have now been offered the COVID-19 vaccine. Whilst it is not currently a requirement that students receive the vaccine, we are strongly recommending any student who is patient facing to receive the vaccine.

Initial feedback suggests that the uptake from students has been very good. We are aware that there will be a variety of reasons why some students have chosen not to have the vaccine. Further information including frequently asked questions about students and the COVID-19 vaccine can be found at <https://coronavirus.leeds.ac.uk/tests-and-vaccinations/covid-19-vaccination-information/>

Do I have to inform the university if I have received the COVID vaccine?

You do not need to notify the University if you have been vaccinated. As vaccination is not compulsory at this stage, we are not collating information from students about whether they have received the vaccine and it is your choice whether you disclose this information.

Although vaccination remains voluntary for NHS staff and healthcare workers at this stage you may be aware that earlier this month the government launched a consultation on mandatory vaccination for frontline health and care staff and that it will become mandatory for care home staff to be

vaccinated from mid-November. We are currently looking at what the implications will be for students and working with Medical Schools Council, the University Health and Safety Team, placement providers and MSRC to ensure that we are consistent in our approach to managing any change in guidance. We will continue to monitor and review the position for NHS staff and communicate any changes.

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

The University form is required so that appropriate support can be arranged for you – e.g., emergency food supplies, wellbeing advice.

The School Form captures specific information on clinical placements and any face-to-face teaching for us to support you and manage any learning recovery.

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

If you are feeling well enough to continue with your online teaching you do not need to report your absence. 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
- your personal tutor – if you do not know who your personal tutor is please contact 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](#).

Where can I get online food deliveries from in Leeds?

A list has been compiled [here](#).

I'm self-isolating and need support

LUU is here to help. Further support is available [here](#). As your School we are also here to help, please email the Student Support Team or your personal tutor in the first instance.