

Coronavirus – Guest Actions

What to do if you think you have Coronavirus.

What is Coronavirus?

Public Health England state that 'A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.' The Health, wellbeing and safety of our guests and our team is our priority. We ask that you take these steps if you have concern you are showing symptoms.

Step 1

Isolate yourself

Do this by heading straight to your room on campus. Do not attempt to enter the Central Amenities Building. Avoid all contact with others where possible.

Step 2

Contact 111 and/or Hinkley Health

111 is the non-emergency services number and has a designated Corona-virus Service to assist with any enquiries.
Hinkley Health can be reached by dialling 01278 483999 from your room phone.

Do Not go to your local surgery or to Hinkley Health before calling ahead!

Step 3

Contact HOST reception team for your campus

Reception Teams can be contacted using the designated button on your room phone. This will enable us to assign a welfare co-ordinator and provide you with everything you need during the diagnosis process.

Step 4

Contact your employer

Ensure your employer knows where you are. They may be able to offer additional assistance

Step 5

Ensure that you maintain good personal hygiene and that wash facilities are kept clean

Support and cleaning materials will be provided to you in order to assist with this.

Provision of Welfare

Welfare will be provided to you during your self-isolation.

This will be delivered to your corridor upon request and available options will be discussed with the Duty Manager when you call.

Food and water will be provided during these times. Requests for subsistence items may be requested but please note, only requests fulfillable using campus resources will be considered.

Fresh towels and linen will be delivered upon request.

Remember: Help stop the spread of Coronavirus by staying in your room at all times.

Limiting the spread of Coronavirus

Do

- ✓ Wash your hands with soap and water often – do this for at least 20 seconds
- ✓ Always wash your hands when you get home or into work
- ✓ Use hand sanitiser gel if soap and water are not available
- ✓ Cover your mouth and nose with a tissue or your sleeve (not hands) when you cough or sneeze
- ✓ Put used tissues in the bin straight away and wash your hands afterwards
- ✓ Try to avoid close contact with people who are unwell

Don't

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

