

CHECKLIST: SUPPORTING STUDENTS WHO ARE REQUIRED TO SELF-ISOLATE



Self-isolation is a key to containing the spread of COVID-19. Universities will support students who self-isolate and may wish to use the following checklist as a guide for that support. This checklist provides a framework for individual universities to adapt to their own institutional settings and contexts. It is not an exhaustive list but covers a range of key issues to consider and should be read alongside relevant guidance from the Westminster government and devolved administrations. This publication does not set prescriptive rules for universities but instead identifies key considerations.

- Staying in regular, proactive and personal contact throughout the self-isolation period, to encourage them to raise any issues or concerns and to identify those getting into difficulty.
- Providing a COVID-19 contact where affected students can report symptoms, raise any other issues and seek support.
- Making sure that students have access to authorised COVID-19 advice and guidance including local and national requirements and encouraging all students and staff to download the NHS app which provides, alongside its contact tracing function, clear guidance on symptoms and self-isolation.
- Making sure that students know how to access local NHS services and that they are registered with the university health centre or GP.
- Ensuring that students with declared disabilities should have specific needs supported.
- Encouraging students to disclose any pre-existing or current mental health or other health issues.
- Encouraging students to use student wellbeing and mental health support services by providing clearly signposted access.
- Reaching out proactively to identify students who may be getting into difficulties.
- Asking students if they would like family or friends involved in support for mental health or other difficulties.
- Ensuring that accommodation staff and student-facing professional service teams are trained in mental health awareness and can rapidly escalate any concerns.
- Working with students' unions to provide peer support and safe social interaction, with wider measures to support students to maintain social interactions during selfisolation such as online activities offered by clubs and societies.
- Making sure that cultural and religious observance is supported during self-isolation.

- Ensuring students have access to a range of necessities during self-isolation – food or food delivery services, where possible allowing for religious or dietary requirements, laundry services, cutlery and dishes, personal hygiene products, cleaning materials and bin bags, tissues and toilet rolls – which might include a basic care package.
 - Ensuring that key services are maintained – safe rubbish collection, internet services.
 - Making sure that students have the technology and capability to access learning, including library services and learning support (such as access to personal tutoring) as well as social support and interaction. This should include ensuring that students know where they can seek timely advice from if there are problems.
 - Providing access to guidance for safe and appropriate online behaviour.
 - Ensuring that there are mitigating actions and processes in place to help students fulfil their immediate obligations during the self-isolation period, including for all students, extenuating circumstances granted for academic work and, for international students, police registration and Biometric Residence Permit (BRP) collection.
 - Working in close partnership with local public health authorities including Directors of Public Health and Health Protection Teams to inform decisions about testing, contact tracing, outbreak response and self-isolation.
 - Ensuring that students living off campus have as far as practically possible an equitable experience, including the level of personal contact and access to support services. Necessarily, that support will vary depending on individual student requirement and whether those students are living at home, in university accommodation or in private halls or houses.
 - Engaging with private accommodation providers to help them understand the specific needs of students in self-isolation and, seeking consent from students, to share information about students' COVID-19 status.
 - Issuing regular communications updates to affected students, parents, wider staff and students and wider community.
 - Where these updates are indicated by public health decisions, agreeing them with local Director of Public Health and Health Protection Teams.
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In June Universities UK published [principles](#) for universities to consider as they prepared for the new term, and in August launched self-isolation [guidance](#) specifically for international students arriving in the UK. Recently, Universities Scotland published a [Consistent core of care for students](#) during the pandemic.

Contact covid-19@universitiesuk.ac.uk for further information.