



**Monday 4.7.22**

**Dear All,**

This letter is to inform you that we have received reports that a number of students and staff have been unwell and absent with respiratory symptoms (including COVID-19) within the college setting.

We are continuing to monitor the situation and are providing the following advice:

1. The college setting remains open and students should continue to attend as normal if they remain well. **Please note**, that if students have a **high temperature and are unwell**, then they should not attend college or mix with others outside of college until they no longer have a high temperature and are well enough to attend. For further information on “People with symptoms of a respiratory infection including COVID-19”, please [click here](#)
2. Most people with respiratory infections including COVID-19 will have a mild illness and will recover at home without needing treatment. However, if students have a complex medical history (e.g.: long-term underlying illness), then it is important that your doctor/GP promptly assesses them if they develop any of the following symptoms: fever (37.8°C or greater) and flu-like symptoms (cough, sore throat, runny nose, limb/joint pain or headache).
3. Most people are no longer advised to get tested for COVID-19, however if you would like to be tested but are not eligible for a free NHS test, then you can purchase lateral flow tests from a private provider, such as your local pharmacy.
4. There are simple things you can do in your daily life that will help reduce the spread of respiratory infections including COVID-19 and protect those at highest risk – [click here](#). General infection control practices and good hand hygiene can help to reduce transmission of all viruses, including flu. These include:
  - Get vaccinated
  - Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
  - Disposing of dirty tissues promptly and carefully.
  - Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people.
  - Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.
  - Let fresh air in if meeting others indoors
  - Wear a face covering or a face mask





- If you have symptoms of a respiratory infection and have a high temperature and not feel well, stay at home and avoid contact with other people or you do not feel well enough to go to college, work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Everyone aged 5 and over can get the COVID-19 vaccine. For more information on COVID-19 vaccination, eligibility and how to book, please [click here](#)

For further information on “Living safely with respiratory infections, including COVID-19” please [click here](#)

Yours sincerely,

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