

Information for staff and students

Questions and answers about COVID19 (Coronavirus)

This note has been put together to give some guidance and reassurance to members of the university community who may be concerned about the current coronavirus situation.

LJMU will update this document as we receive new information.

The main official health sources of information are detailed at the end of this document and medical advice should always be sought if you are concerned in any way about your health or that of friends or colleagues.

Students - If you are diagnosed with the COVID19, please report this to the university using the absence reporting facility within MyLJMU

Staff – If you are diagnosed with COVID19, please ring your immediate line manager and report your absence in the usual way.

What are the signs/symptoms of COVID19?

The symptoms are similar to those of regular seasonal cold and influenza infection and most sufferers will experience coughing, sore throat, fever and difficulty breathing.

What can I do to protect myself from the virus?

Stay at home. You should only leave the house for one of four reasons:

1. Shopping for basic necessities, such as food and medicine, which must be as infrequent as possible.
2. One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
3. Any medical need, or to provide care or to help a vulnerable person.
4. Travelling to and from work, but only where this absolutely cannot be done from home.

Follow general infection control practices and good respiratory and hand hygiene to help to reduce transmission of all viruses. This includes:

- 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 face or to other people
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product
- Making sure your children, if you have them, follow this advice
- Taking note of any Government/Public Health produced leaflets covering such infections

I am feeling unwell and think I have symptoms of coronavirus, what should I do?

You should stay at home/accommodation for seven days of self-isolation, even if your symptoms clear up in this time. If your symptoms persist or worsen, please consult the NHS online guidance. You should also report your absence to the university, as above.

Please note that guidance has changed recently on this matter and you are only advised to ring NHS111 if you become very unwell and cannot manage your symptoms at home.

A member of my close family/one of my close friends (living in the same location) is currently unwell.

You are advised to self-isolate and remain at home or in your accommodation for seven days. You should check the information on the NHS website and only ring NHS 111 if you are unable to manage your symptoms at home.

I have been told to self-isolate . How should I do this to protect myself and others?

The Government has issued guidance for people living in shared accommodation and you should follow this closely. The guidance is here for information:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

What if I am pregnant, or suffer from a medical condition or a disability that could make me more vulnerable to the virus?

Seek advice from your GP as soon as possible. If you are a member of staff, please speak to your line manager

I am due to travel to one of the areas identified as affected by the Government. Can I still travel?

Staff:

All staff travel has been suspended for the foreseeable future. Any queries relating to this should be directed to IMT@ljmu.ac.uk

Students:

All LJMU-related overseas visits and field trips have ceased. Please contact your tutor(s) for further details if you have any LJMU-travel in the diary.

Sources of Further Information

<https://www.gov.uk/coronavirus>

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