

## WHAT TO DO IF...

I have COVID19 (coronavirus) symptoms\*

I have tested positive for COVID-19 (coronavirus)

## ACTION NEEDED

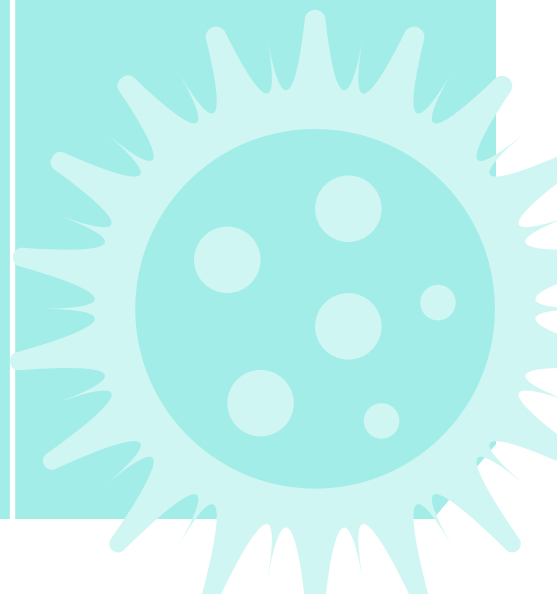
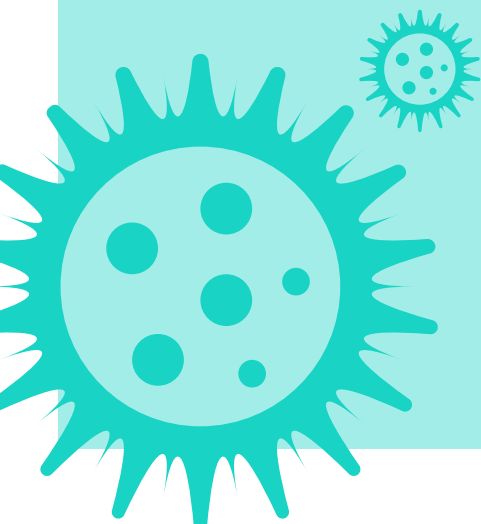
- You should not attend lectures/seminars or leave your accommodation except to go for a test
- You should book a test straight away
- Your whole bubble/household self-isolates while waiting for your test result

- You should not attend lectures/seminars or leave your accommodation
- You must self-isolate for at least 10 days from when symptoms\* started (or from the day of the test if no symptoms)
- Whole of your bubble/household self-isolates for 14 days from the day when symptoms\* started (or from the day of the test if no symptoms) - even if someone tests negative during those 14 days
- If you had your test at the university test centre, we will be advised of your result, so you need to just complete the absence report in MYLJMU to let us know you are self-isolating
- If you had your test anywhere other than the university centre, please advise us via MyLJMU or email to [TrackandTrace@ljmu.ac.uk](mailto:TrackandTrace@ljmu.ac.uk)

## BACK TO UNIVERSITY...

...if your test comes back negative and you are well enough to attend classes

...when you feel better and have completed 10 days self-isolation. Then you can return to lectures/seminars etc. after 10 days - even if you have a cough or loss of smell/taste. These symptoms can last for several weeks once the infection is gone.



## WHAT TO DO IF...

Somebody in my household/  
bubble has COVID19  
(coronavirus) symptoms\*

Somebody in my household/  
bubble has tested positive for  
COVID-19 (coronavirus)

NHS Test and Trace has  
identified I have had 'close  
contact' with someone with  
a confirmed case of  
COVID-19 (coronavirus)

I have travelled and have to  
self-isolate as part of a period  
of quarantine

## ACTION NEEDED

- You should not attend lectures/  
seminars or walk around any of  
the University campuses
- Household/bubble member  
with symptoms should get a  
test immediately
- Let us know you are self-  
isolating via MYLJMU

- You should not attend lectures/  
seminars or leave your  
accommodation
- Whole household/bubble self-  
isolates for 14 days from the  
day when symptoms\* started  
(or from the day of the test if  
no symptoms) - even if  
someone tests negative during  
those 14 days

- You should not attend lectures/  
seminars or leave your  
accommodation
- You must self-isolate for 14  
days (as advised by NHS Test  
and Trace) – even if you test  
negative during those 14 days
- The rest of your household/  
bubble does not need to self-  
isolate unless they are a 'close  
contact' too

- Consider quarantine  
requirements and FCO advice  
when booking travel
- When returning from a  
destination where quarantine is  
needed:  
  
You should not attend lectures/  
seminars or walk around any of  
the University campuses  
  
Book a test if you have symptoms

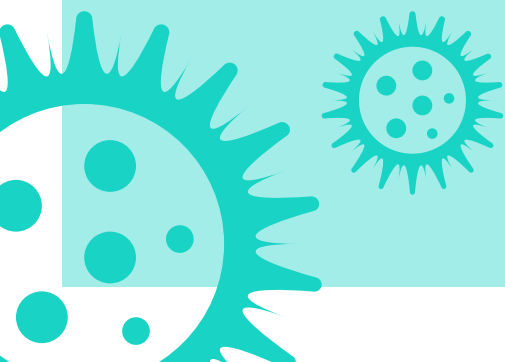
## BACK TO UNIVERSITY...




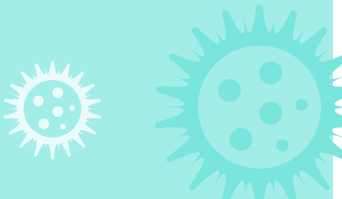
...when household/bubble  
member test is negative,  
and nobody has COVID-19  
symptoms\*

...when everybody has  
completed 14 days of self-  
isolation, even if the infected  
person subsequently tests  
negative during the 14 day  
period

...when you have completed  
14 days of self-isolation, even if  
you test negative during those  
14 days

...when the quarantine period  
of 14 days has been  
completed, even if you test  
negative during those 14 days



WHAT TO DO IF... 	ACTION NEEDED 	BACK TO UNIVERSITY... 
<p>I have received advice from a medical/official source that I must resume shielding</p>	<ul style="list-style-type: none"> <li>■ You should not attend lectures/seminars or walk around any of the University campuses</li> <li>■ Contact LJMU to inform them of this</li> <li>■ You should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	<p>...when you have been officially informed that restrictions have been lifted and you can safely leave your home again</p>
<p>I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> <li>■ Only people with symptoms* need to get a test</li> <li>■ People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive</li> </ul>	<p>...when conditions above, as matching your situation, are met</p> 



\* Symptoms include at least one of high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

SEE MORE AT

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

