



University of Brighton

What to do if you have covid19 symptoms?

If you think you have symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) follow the steps below:

1 Self-isolate / arrange a test

You must self-isolate until you can confirm your diagnosis.

To arrange a test contact:

<https://self-referral.test-for-coronavirus.service.gov.uk/>

2 Speak to your flatmates

Inform your flatmates - as anyone living with you is classed as your household and must self-isolate until you've been tested and received your result.

3 Contact the Residential Life team

Inform the Residential Life team - so they can support you and your flatmates with self-isolation:

www.brighton.ac.uk/brighton-students/your-student-life/my-wellbeing/residential-life/index.aspx

4 Inform the university

Contact the University Emergency Helpdesk on 01273 64 2222 to provide information on the areas you have been studying in.

Your coronavirus test result

Positive test result

If you test **positive** - you have coronavirus

- Self-isolate for at least 10 days from when your symptoms started.
- Anyone you live with must self-isolate for 14 days from when your symptoms started.
- NHS TEST & TRACE will contact you to ask where you have been recently and who you have been in close contact with. They will do all further contact tracing and advising.
- Contact the university to inform them of your positive test.

Negative test result

A negative result means the test did not find coronavirus. You no longer need to self-isolate if your test is negative, as long as:

- Everyone you live with who has symptoms tests negative
- You have not been told to self-isolate for 14 days by NHS Test and Trace
- If you feel well. (If you feel unwell stay at home until you're feeling better).

HOME
FROM HOME