

COVID-19 Health self-assessment checklist

For staff and students accessing college during June and July 2020

Prior to being allowed access to the campus consider the health checklist below, please ensure you are as honest as possible. If you have any concerns regarding any of the points listed please contact your line manager or course tutor as soon as possible.

If you are on campus for consecutive days and anything changes please advise the College immediately and avoid entry to the site

Do you have or had a high temperature – this means you feel hot to the touch on your chest or back? (you do not need a thermometer for this, however, if you do have one – temperature in excess of 37.5 C)

A new continuous cough this means coughing a lot more than an hour, or 3 or more coughing episodes in 24 hours?

Have you been breathless in the last 7 days?

Have you had loss or change to your sense of smell or taste? This means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal

Have you sought medical treatment for any symptoms associated with the coronavirus in the last 28 days?

Have you been in contact with anyone you know to have contracted COVID-19 in the last 28 days?

Are you classed as a high risk/vulnerable person?			
Group	Explanation	Current and continuing guidance	Government support
Clinically extremely vulnerable people (all people in this cohort will have received communication from the NHS)	People defined on medical grounds as clinically extremely vulnerable, meaning they are at the greatest risk of severe illness. This group includes solid organ transplant recipients, people receiving chemotherapy, renal dialysis patients and others.	Follow shielding guidance by staying at home at all times and avoiding all non-essential face-to-face contact. This guidance is in place until end June.	Support available from the National Shielding Programme, which includes food supplies (through food boxes and priority supermarket deliveries), pharmacy deliveries and care. Support is available via the NHS Volunteer Responders app.
Clinically vulnerable people	People considered to be at higher risk of severe illness from COVID-19.	Stay at home as much as possible. If you do go out, take particular care to minimise contact with others	Range of support available while measures in place, including by local authorities and through voluntary

	Clinically vulnerable people include the following: people aged 70 or older, people with liver disease, people with diabetes, pregnant women and others.	outside your household.	and community groups. Support is available via the NHS Volunteer Responders app.
Vulnerable people (non-clinical)	There are a range of people who can be classified as 'vulnerable' due to non-clinical factors, such as children at risk of violence or with special education needs, victims of domestic abuse, rough sleepers and others	People in this group will need to follow general guidance except where they are also clinically vulnerable or clinically extremely vulnerable, where they should follow guidance as set out above.	For those who need it, a range of support and guidance across public services and the benefits system, including by central and local government and the voluntary and community sector.

Do you live with or have caring responsibilities for someone classed as high risk for COVID-19, this includes older people, someone with health conditions and pregnant women?

There is no right or wrong way to feel or react to the present situations. During these times it is ok to feel worried, anxious, have a low mood or feel quite depressed as well as maybe feeling bored frustrated, and in some cases lonely, as our thoughts can sometimes spiral out of control. For some who experience these feelings already, these times can be especially challenging.

Coming back to college some of us may experience some difficult feelings and mixed emotions, these maybe new feelings and you may find them hard to deal with, for example anxiety, guilt or even anger.

It is important to talk about how you are feeling, this can make a difference as well as following advice such as:

- Taking care with the amount of news and information you are reading
- Making sure you make time for yourself
- Keeping active
- Looking after your physical health
- Remember be kind to yourself

If you need to talk about your mental health/wellbeing, there are people here to listen to you and provide support if you have any worries or concerns please contact the College Counsellor or College Nurse.

Helpful websites
www.mind.org.uk

Helpline telephone 0300. 123 3393

info@mind.org.uk

Text 86463

Anxiety UK Helpline 03444 775774

Mon - Fri 9.30 - 10p.m. (please check if timings change) Text service 07537 416905