

# Guidance for residents arriving from countries who must self-isolate & their flatmates



14<sup>th</sup> December 2020

The UK government requires people who have travelled from certain [countries](#) to self-isolate for 10 days after their arrival in the UK. About 50% of residents in the halls come from outside the UK and it is therefore possible that you or one of your flatmates will need to self-isolate under these conditions. If you are a UK based student and travel abroad for a holiday you may also be required to follow this advice on your return to hall and notify the Accommodation Service team and your flatmates.

**The flatmates of a person who is self-isolating for travel quarantine reasons do not need to self-isolate unless they, or any of their flatmates, show symptoms of coronavirus (*note: if this occurs, you must tell the university by completing this [form](#)*).** Information about symptoms can be found [here](#).

It is likely that the vast majority of students coming from overseas who need to self-isolate will not have symptoms, but all residents of the flat must nonetheless take all steps possible to ensure that self-isolating guidance is followed as outlined below.

## If you are self-isolating

- Ensure you have advised Accommodation Services via the check in form.
- Make sure your flatmates are aware that you are self-isolating. Their contact details may be available on the Review your Booking link on the Accommodation Portal or you can leave a note for them or speak to them at a distance. If you would like staff to notify your flatmates, please let us know.
- Do not use the kitchen at the same time as your flatmates. If you know your flatmates, you may wish to set up a rota for using the kitchen (Accommodation Services can also help with this). Otherwise if you go to the kitchen and someone is using it, please wait until they have finished. If they are socialising in the space, please tell them you would like to cook.
- In communal areas in the flat where you may meet your flatmates, stay at least two metres away from other people.
- Wear a face covering when you are in a kitchen or hallway in the flat during your self-isolation period.
- Only use your own bathroom. If you live in a flat with shared shower and toilet facilities, sanitise them each time after you use them. If there is more than one shower/toilet room in the flat, it is best to designate one of these for yourself. Put a sign on the door to make sure others know not to use this bathroom (or ask

Accommodation Services to do this). Where someone else in the flat is also isolating, you can share this space with them.

- Where possible, arrange for food and medication to be delivered. Ask people delivering things to leave them outside the flat door and let you know they are there – they must not come into your home.
- If you are unable to arrange delivery of food and essential items and you must go out for these, only do this and return straight home. Always wear a mask or face covering when you are outside of your room.
- If you smoke or vape, you must not do this in your flat. You can go outside to do this, but you must return to your room immediately afterwards. You must ensure you smoke in an area that is distant from anyone else and this may mean you need to walk a short distance from hall. You must wear a face covering as you leave and enter your room and you must put it back on as soon as you have finished smoking.
- If the fire alarm sounds, you must evacuate but take care to stay at least two meters away from anyone and wear a mask or face covering.
- Do not use taxis or public transport and do not allow social visits from friends and family – use your phone and social media to keep in touch.

### If you have a flatmate who is self-isolating

- Do not use the kitchen at the same time as flatmates who are self-isolating.
- Ensure that the self-isolating flatmate has some time to use the kitchen area when you are not in it.
- Be friendly without breaching guidance. You can talk to a flatmate who is self-isolating through the door, the telephone and online.
- Consider offering to help them with collecting items, perhaps making a meal, and leaving it outside their door, etc. Do not share crockery or cutlery.
- If you live in a flat with shared toilet and shower facilities and there is more than one bathroom, one bathroom should be designated for self-isolating students. Do not use this bathroom.

### EVERYONE MUST

- Wipe all surfaces you have touched using strong household cleaner (disinfectant) before and after use.
- Use different towels.
- Clean surfaces that you often touch with a household cleaner / detergent several times a day.
- Avoid being in the kitchen area (or communal shower/toilet rooms) during the weekly scheduled time for cleaners to come to your flat. If cleaners arrive and residents are present, they may not clean the areas that week.
- Wash your hands lots of times during the day – do this for 20 seconds, using soap and water or hand sanitiser and wash hands before leaving and returning to hall.
- Always cough and sneeze into a tissue – then throw the tissue away and wash your hands.
- In communal areas in the flat, stay at least two metres away from other people unless they are your flatmates **and** are not self-isolating.

- If you live in a flat with shared toilet and shower facilities and there is more than one bathroom, one should be designated for self-isolating students. Do not use this bathroom.
- Clean bathrooms touch-points after use, and before use if shared with a self-isolating flatmate.
- Avoid using the lift to leave the building and walk down the stairs.

If at any point during your self-isolation period, you show [symptoms of Covid-19](#) you Advise the university by completing this [form](#). Please [arrange a test](#) and notify staff as soon as you have the result, this will usually be within three days. You must not go out and should remain in your room unless to use a communal bathroom. Staff will advise you of a time you may use the kitchen area.

Please also remember that help and support is available from the Resident Assistant (RA) on call and the Security Team (the numbers can be found in the kitchen) and also from the Accommodation Services team at the contact details below.

Avery Hill: [ah.accommodation@gre.ac.uk](mailto:ah.accommodation@gre.ac.uk)  
Greenwich: [gr.accommodation@gre.ac.uk](mailto:gr.accommodation@gre.ac.uk)  
Medway: [me.accommodation@gre.ac.uk](mailto:me.accommodation@gre.ac.uk)

You can make an appointment to speak to staff via the link on the welcome page of the Accommodation portal.