

Dear all,

Here is our advice about Covid-19 symptoms, testing and about self-isolating for students.

1. Do **NOT attend college if you have Covid-19 symptoms** – continuous cough, high temperature, loss of smell or taste. Contact your GP, or call NHS 111 or use the online service - <https://111.nhs.uk/covid-19/> . Keep college informed via your Progress Tutor and also absence@jcc.ac.uk.
2. Do **not attend college if any household member has Covid–19 symptoms**. Keep college informed via your Progress Tutor and also absence@jcc.ac.uk
3. To **get a test call NHS 119** or use the website <https://www.gov.uk/get-coronavirus-test>
4. With the test result you will get a message about staying home or not. Please send the message from the testing service to absence@jcc.ac.uk.
5. If you or a household member have a **positive test, all household members need to stay at home and not leave the house for 14 days**, starting from the day when the first person became ill or from the day their test was taken. **If anyone else in the house later has symptoms, they need to stay at home for at least 10 days** from when their symptoms started.
6. You **can attend college** if someone in your house is told to self-isolate because they have been a contact of a positive case of Covid-19, **but only if everyone in the house has NO SYMPTOMS**. If you or someone else in the household later get symptoms, follow the instructions above.
7. If you **are a contact** of a known case and are contacted by through the Test and Trace system, you should follow the instructions to isolate. Even if you take a test and are negative, you must still self-isolate.
8. If you are **not a contact** of a known case, had symptoms but then test negative, you may attend college **provided you are well, your household is well, with no symptoms and no fever for at least 48 hours**.
9. Birmingham City Council advises in cases where you may be unable to get a test: you should complete the isolation period for the household as described above (number 5) - to be on the safe side.
10. If you have any questions, please contact your Progress Tutor.

The guidelines are quite complex, please be sure you read and understand these so that you know in what circumstances you should and should not attend college.

Rosie Shale