

# Travelling to England Covid-19 Guidance

## Definitions:

**Self-isolating / quarantine:** if you need to self-isolate or quarantine you must stay in your accommodation. If you need to buy food you will need to ask someone to get this for you and deliver it to your door, avoiding contact and keeping at least 2 metres distance. You must not have visitors in your accommodation.

**Social Distancing:** keep 2 metres away from others.

Where it is not possible to stay 2 metres apart, you must stay at least 1 metre apart.

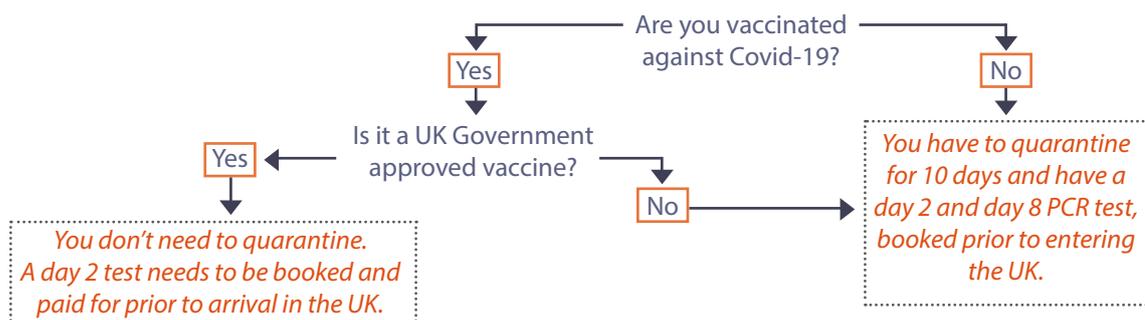
## Travelling to England

If you have been in or travelled through any of the countries on the red list 10 days prior, you must quarantine in a UK Government approved hotel.

## Before you travel

1. Take a Covid-19 test and get a negative result within 3 days before you travel.
2. Book and pay for a [travel test package](#) (incurs a charge)
3. Complete a [passenger locator form](#) within 48 hours before you arrive in the UK.

## Do you need to quarantine?



Before entering your on-site class at ETC please bring to Reception:

- your passport
- proof of vaccination
- proof of negative day 2 and 8 test results, where applicable (and day 5 early release, if applicable).

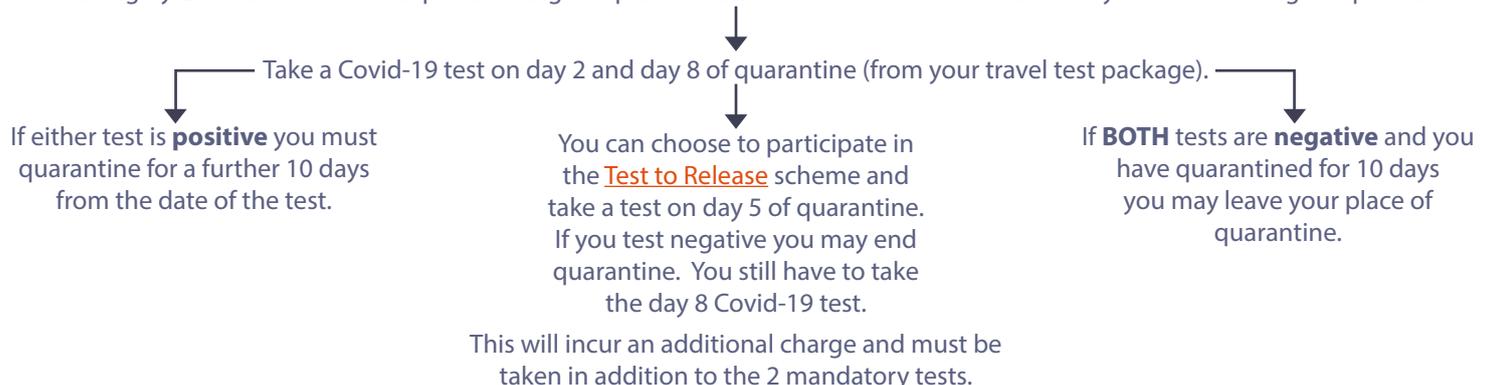
## If you need to quarantine:

Travel directly to your place of quarantine from the airport.

You must quarantine for 10 days (the quarantine period is continuous from the day you arrive in England and lasts for the next 10 full consecutive days after the day you arrived, up until midnight of day 10. For the purposes of counting days, the day after arrival is considered 'day one'. This period is necessary because it can take up to 10 days for coronavirus symptoms to appear).

**You must stay in your accommodation.**

If you are staying in the ETC Residence you will need to stay in your room. Meals and extra linen will be brought to your room. Cleaning by ETC staff will not take place during this period. You will not be allowed visitors into your room during this period.



Visit the Government website to find out more about arriving in England:

<https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>

If you break quarantine rules, you may face a penalty of up to £10,000.



# COVID-19

## Student Guidance

### If you feel unwell

If you become unwell:

- Immediately stay 2m away from others; go to a separate, well ventilated room / area behind a closed door
  - Avoid touching anything
- Cough or sneeze into a tissue and put it in the bin or cough into the crook of your elbow

### Using your own phone call:

The NHS for advice: 111

**If you are seriously ill or injured and your life is at risk call an ambulance: 999**

### If you have Covid-19 Symptoms

You must self-isolate for 10 days and get a free NHS test if you develop any of the following symptoms:

- a high temperature ( $>37.8^{\circ}\text{C}$ )
- a new and persistent cough
- loss of or change in normal sense of taste or smell

**Get a free test here:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

If you test negative you can stop self-isolating

### Tell ETC

Make sure you tell ETC by phoning :

**+44 (0)1202 559044**

Or use the ETC Emergency Number out of hours, if required:

**+44 (0) 7966 380973**

### What to expect at College

The routines in College may look a little different to what you may usually expect. To keep our students, staff and visitors safe we may implement some new procedures and preventative measures, some of which are listed below:

#### Entrances and corridors:

- Staggered arrival and departure times for students
  - Staggered lunch and break times
- One way routes throughout the College
  - Separate entry and exit points
- Hand cleaning facilities at entrances and exits.

#### Reception:

- Student numbers in reception restricted
- A Virtual Reception will be implemented with level change and accommodation change requests via Zoom
- Contactless card payments to be used wherever possible.

#### Classes:

- Some of your classes may be conducted online
  - Class sizes may be reduced
  - Seats will be 2m apart, where possible
- Some lessons may be held outdoors where weather permits
  - You may be assigned a specific table
  - Bring your own pen and paper to school
- Antibacterial gel 'cleaning stations' will be available in class
- Windows may be kept open to improve ventilation so please ensure you wear warm clothing
- Students and staff are expected to wear a face covering around College and in lessons, unless you have a medical exemption.

### Covid-19 testing

We wish to do all we can to keep everyone as safe as possible so you can make the most of your time at ETC. Therefore, we are advising all students and staff to take regular lateral flow tests, which are available, free of charge, from any pharmacy.

### Treating symptoms at home

There is no specific treatment for coronavirus, but there are things you can try to ease your symptoms whilst you recover.

The [NHS website](#) has suggestions for easing symptoms.

**You may be required to self-isolate for 14 days if someone you come in close contact with has symptoms of or has tested positive for Covid-19 or if you are contacted by the NHS Test and Trace service.**

### In the event of confirmed cases

If there is a confirmed case of Covid-19 at ETC, we will contact the local Health Protection Team, who will identify others who may have been in contact with the affected person, prepare a risk assessment and advise further actions or precautions.



# COVID-19 Student Guidance

## How to shop and travel in England

It is advised to wear a face covering when entering most indoor areas, including a shop, post office, take away restaurant, place of worship, library, indoor visitor attraction or when using public transport.

The face covering should safely cover your nose and mouth.

However, there are exceptions for those who have a medical condition, including respiratory or cognitive impairments, which makes it difficult to wear a face covering.

Look out for signs in the shops. There are usually stickers on the floor showing where to stand in queues to keep 2m apart. Pay by card where possible.

You may be required to queue outside if there are too many people in the shop.

Find out more about face coverings, where to wear them and exemptions on the [Government Website](#).

## Hands

Wash your hands regularly and for 20 seconds.

## Face

Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

## Space

Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place.

## Look after your mental health

Covid-19 has affected all of our daily lives.

Make sure you look after your mental well-being, especially when isolating. Keep in contact with friends and family. Call the ETC Emergency number at any time if you are concerned about your own or someone else's mental health.

You can also contact our Mental Health team, who are listed below:



**Sarah Vivian**  
DSL & Prevent Lead  
+ Senior Teacher  
Email: sarah@etc-inter.net



**Helen Rouse**  
Director of Studies (EFL)  
Email: helen@etc-inter.net

The [Government website](#) has some suggestions for looking after your mental health.

Please follow the guidelines set by ETC when attending lessons to keep yourself and others safe.

Respect yourself | Respect our staff | Respect others

Thank you

Updated: 15/11/2021

Please note, information was correct at time of writing. We will update our guidance accordingly and notify students if Government guidance changes. Please see aforementioned websites for more information and check back regularly for updates.