PLAY YOUR PART. STOP THE SPREAD.
GUIDE FOR STUDENTS HAVING TO SELF-ISOLATE
WHEREVER YOU ARE LIVING, THIS SHORT GUIDE WILL HELP KEEP YOU RIGHT WHEN SELF-ISOLATING.

As a student at The Glasgow School of Art you are part of a creative community and have a role to play in ensuring a safe environment for everyone. This means that if you have COVID-19, or been in contact or live with someone else who has, you must self-isolate for 10 days and this applies whether you are in GSA Halls, Private Halls, living in a private flat or with family.
NEED SUPPORT, HELP AND ADVICE?

If you are in GSA Halls your contacts for support and advice are:

**BLYTHSWOOD HOUSE AND MARGARET MACDONALD HOUSE**
Contact: Fiona Sloan, Student Residences Manager
f.sloan@gsa.ac.uk

**FORRES**
Contact: Marianne McInnes
m.mcinnes@gsa.ac.uk

If you are in private student halls, contact your Residences Manager who will be able to advise you what support they can provide.

STUDENT SUPPORT SERVICES
For all students, regardless of where you are staying, if you need support, help and advice contact the Student Support Service at welfare@gsa.ac.uk and also check out:

- GSA Student Intranet Student Support Services pages for a range of resources to help you including help for mental health and wellbeing: studentintranet.gsa.ac.uk
- Togetherall is a safe place to support your mental health 24/7 togetherall.com
- Silvercloud is an online platform offering self-help programmes to support and promote well-being and mental health. https://gsastudent.silvercloudhealth.com/signup/
  You can join/register for these services using your GSA email address.

- GSA Halls ResLife – a range of social events currently now being held online and open to all GSA students.

And keep in touch with your Programme Leader.

HOW CAN I PURCHASE FOOD WHILE SELF-ISOLATING?

For those of you currently having to self-isolate in GSA halls, we will be issuing food boxes with some essential supplies until you are able to arrange for a food delivery.

We are ensuring we have additional staff in place to manage deliveries in to GSA Halls so that anything you order can be left at your door. We will also be issuing all of you a £50 FOOD CREDIT to your halls rent account. This applies to all students in GSA Halls and will be available to other GSA students requiring to self-isolate.

Wherever you are living you can get food and essential supplies delivered. If you are having problems getting food and essential supplies delivered, contact Student Support Services (welfare@gsa.ac.uk) or GSA Halls (see opposite page).
HOW DO I ACCESS CLEAN LAUNDRY?

If you are in GSA Halls, we are able to provide you with fresh bedding and towels in the mid-point of your self-isolation period. Let us know if you want to make use of this service. Visits to the laundry are also possible and this will be managed in a scheduled way, please look out for further updates.

In private student halls, contact your residences Manager re local support arrangements. All students, regardless of where they are staying can contact Student Support at welfare@gsa.ac.uk with any specific support needs.

HOW CAN I GET PRESCRIPTION MEDICINES DELIVERED?

You should register for delivery through an online facility. Both Boots Pharmacy and Lloyds Pharmacy offer a free service and you can sign up on their websites. If you are struggling to do this or have an immediate need contact Student Support Services and in GSA Halls contact Fiona Sloan or Marianne McInnes.

REMEMBER - KEEPING EVERYONE SAFE IS ALL OF OUR RESPONSIBILITIES. PLAY YOUR PART. STOP THE SPREAD.

WHEN YOU ARE SELF-ISOLATING YOU MUST:

- Remain in your bedroom as much as possible;
- Wear a mask when using communal spaces within the flat;
- After preparing food wipe all surfaces with disinfectant cleaner – including cooker/door handles;
- Wash and dry up after yourself, and put your items away;
- Clean the bathroom after use if you share it with others;
- Tie full refuse bags, place inside another bag;
- Report concerns about the behaviour of others self-isolating to your Residence Manager.

YOU MUST NOT:

- Mix with other households/flats, inside or outside;
- Invite visitors into your accommodation - even other students who are self-isolating;
- Go to the on-site bin store or shop (see opposite regarding laundry facilities access);
- Go outside, unless you smoke. If you do smoke, please try to keep outside visits to a minimum.
WHAT TO DO IF I HAVE SYMPTOMS OF COVID-19?

CHECK YOUR SYMPTOMS AND GET TESTED:
- use the online NHS Scotland self-help guide;
- get tested – the nearest COVID-19 test centre is based at Arc Sports Centre Glasgow Caledonian University or book / order a test at NHS Inform or by calling 0800 028 2816.

REMAIN IN YOUR ACCOMMODATION:
- Do not leave your accommodation for any reason other than to attend for a test;
- minimise contact with others in your 'household';
- Do not come on to the GSA Campus.

LET THE GSA KNOW:
- You must log with us that you have symptoms and are going for a test at: covid19absence@gsa.ac.uk
- Tell us the result as soon as you get it at: covid19absence@gsa.ac.uk
- If you are contacted by Track and Trace and advised to self-isolate you should do so and notify us: covid19absence@gsa.ac.uk
- If you are tested positive, you should continue to self-isolate and update the GSA via: covid19absence@gsa.ac.uk
- If you are self-isolating we will share this information with Student Support Services and your Programme Leader.

Make sure you have registered with a local GP as soon as possible – for most GSA Glasgow based students this is North Woodside Health and Care Centre. For students in Forres the Forres Health and Care Centre GP Practices.

HOW CAN I HELP STOP THE SPREAD OF COVID-19?

- Follow the GSA Travel and Quarantine Guidance and comply with quarantine;
- Follow the guidance on social gatherings and on student accommodation (issued by the Scottish Government);
- Download the NHS Scotland Test and Protect app from protect.scot or on the QR code below

WHERE CAN I FIND THE GSA INFORMATION ON COVID-19?

Information is on the:
- GSA Student Intranet: studentintranet.gsa.ac.uk (this should be your primary source of GSA information);
- GSA website: www.gsa.ac.uk/coronavirus (GSA information which is available to the wider public)
WHAT ELSE SHOULD I KNOW?

Always follow the guidance and instructions from the Scottish Government at [gov.scot](https://gov.scot) – keep up-to-date with the changes the Scottish Government make.

More on the GSA’s response to COVID-19 [www.gsa.ac.uk/coronavirus](http://www.gsa.ac.uk/coronavirus)

FINALLY, REMEMBER FACTS:

F: FACE COVERINGS
A: AVOID CROWDED PLACES
C: CLEAN YOUR HANDS REGULARLY
T: TWO METRE DISTANCE
S: SELF-ISOLATE AND BOOK A TEST IF YOU HAVE SYMPTOMS

Watch FACTS advice from the Scottish Government and NHS Scotland: [https://youtu.be/qDT6v47GxzM](https://youtu.be/qDT6v47GxzM)
YOU MUST LET US KNOW IF YOU HAVE SYMPTOMS AND BOOK A TEST

Log with us that you have symptoms and are going for a test.

Tell us the result as soon as you get it.

If you are contacted by Track and Trace and advised to self-isolate you should do so and also notify us.

If you are tested positive, you should continue to self-isolate and update us.

covid19absence@gsa.ac.uk