Guide for Students having to self-isolate

As a student at The Glasgow School of Art you are part of 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 who has, you must self-isolate for 14 days and this applies whether you are in GSA Halls, Private Halls, living in a private flat or with family.

Wherever you are living, the short guide is to help you and remember:

- If you are in GSA Halls:
  - In Blythswood House and Margaret Macdonald House contact the Halls Teams:
    - Fiona Sloan, Student Residences Manager (f.sloan@gsa.ac.uk);
  - In Forres, contact Marianne McInnes (m.mcinnnes@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.

Need Support, Help and Advice?

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;
- 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?

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 and in GSA Halls contact Fiona Sloan in Glasgow or Marianne McInnes in Forres.

Please see below some helpful options and weblinks which will hopefully allow you to buy the food you like to eat at a time that suits you:

Supermarket deliveries:

- www.asda.com
- www.tesco.com
- www.ocado.com
- www.groceries.morrisons.com

Amazon Pantry www.amazon.co.uk then type Amazon Pantry in the search bar.

And food delivery from:

- www.JustEat.co.uk
- https://deliveroo.co.uk/
- https://www.ubereats.com

How can I get prescription medicines delivered?

You should register for delivery through an online facility. Both Boots Pharmacy (https://www.boots.com/online/pharmacy/) and Lloyds Pharmacy (https://lloydspharmacy.com/pages/nhs-repeat-prescriptions) offers 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;
- 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 (including other students who are self-isolating);
- Go to the on-site laundry, bin store or shop;
- Go outside, unless you smoke. If you do smoke please attempt to keep to a minimum.

What to do if I have symptoms of COVID-19?

Check your symptoms and get tested:
- use the [NHS Scotland self-help guide](https://www.nhsinform.scot/);  
- get tested – the nearest COVID-19 test centre for Glasgow is based at Arc Sports Centre, Glasgow Caledonian University, or book / order a test at [NHS Inform](https://www.nhsinform.scot/) or by calling 0800 028 2816.

Remaining 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](mailto:covid19absence@gsa.ac.uk);
- Tell us the result as soon as you get it ([covid19absence@gsa.ac.uk](mailto:covid19absence@gsa.ac.uk))
- If you are self-isolating we will share this information with Student Support Service 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](https://www.woodsidehealthcare.scot.nhs.uk/). For students in Forres the [Forres Health and Care Centre GP Practices](https://www.forreshealthcare.scot.nhs.uk/).

How can I help stop the spread of COVID-19?
- Download the [NHS Scotland Test and Protect app](https://www.nhsapps.scot/);  
- 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).

Where can I find the GSA information on COVID-19?
Information is on the:
- [GSA Student Intranet](https://intranet.gsa.ac.uk/) (this should be your primary source of GSA information);
- [GSA website](https://www.gsa.ac.uk/) (GSA information which is available to the wider public)

What else should I know?
Always follow the guidance and instructions from the Scottish Government – keep up-to-date with the changes the Scottish Government make;

- **Remember FACTS:**
  - Face coverings
  - Avoid crowded places
  - Clean your hand regularly
  - Two metre distance
  - Self-isolate and book a test if you have symptoms.