



## COMING TOGETHER FOR THE HEALTH OF OUR COMMUNITY

To help us adhere to the spread of COVID-19, all students must agree to the following practices

HANDS FACE SPACE

We understand that you will be worried about the recent coronavirus pandemic and as lockdown and travel restrictions are lifted you may be looking to start to travel again to study and stay with a host or host family to experience British Culture. This may have changed things a little, but we always ask you to adhere to our own guidance and the government guidelines advice to avoid the spread of COVID19.



### Student Arrival Requirement to the UK

- Wear a mask and practice social distancing, when interacting in person, **hosts and guest must wear a mask**
- Always maintain distance of 2 metres (6 feet) from each other
- **Self-Isolation:** Each student may need to self-isolate in their room for 14 days after arrival to the UK, please ensure you do this to avoid any spread
- To check government guidelines regularly for any changes in the area you are studying and living and, in the UK,



### Cleanliness in the host family

#### As the student you must always:

- Ensure you always keep your room tidy and bin emptied
- Ensure you clean the kitchen, bathroom and toilet after use
- Ensure your bedding and room is cleaned regular by your host
- Ventilate your room by opening the window regular
- Always use separate towels from your host



### COVID19 Symptoms

#### Please always:

- Be aware at all times of the symptoms for Coronavirus COVID19
- On arrival you should comply with border, immigration and self-isolation requirements
- Download the NHS app tracker for COVID19
- Wash and always sanitize your hands regularly
- Avoid touching your face, rails and dirty spaces when outside the house
- Cover your nose and mouth with a mask as per guidance
- When travelling on public transport be aware of space apart from others
- If you get symptoms, please call 111 and ask your host advice immediately