

Covid-19 Test and Protect FAQ for College

1. I think I have symptoms of Covid-19, how do I check?

The following guidance is taken from <https://www.nhsinform.scot/>:

The most common symptoms are new:

- continuous cough
- fever/high temperature (37.8C or greater)
- loss of, or change in, sense of smell or taste (anosmia)

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.

Some people will have more serious symptoms, including pneumonia or difficulty breathing, which might require admission to hospital.

Please make sure you are symptom free before visiting any College campus, even mild cold symptoms could potentially be a sign of Covid-19.

2. I have developed one or more Covid-19 symptoms, what should I do?

Do not take any risk – however mild the symptoms, you must self-isolate right away and book a PCR test within 48. For information on how to book a test, please follow the [NHS Inform website](#).

Please let the College know by contacting student services via email student.services.moray@uhi.ac.uk or by telephoning the main reception on 01343 576000. If possible, make sure you have your Student ID number when getting in touch.

3. Someone in my household has been asked to self-isolate and they have no symptoms, can I come into College?

Yes, you can come into College, but note that you will need to self-isolate and book a PCR test if:

- The household member's PCR test comes back positive or,
- The household member later develops symptoms.

4. My PCR test result is negative, but I still have symptoms, can I return to College?

If you still feel unwell after a negative test result, then stay at home until you're feeling better. Contact a GP if your symptoms get worse or do not go away. This applies even if you are double vaccinated.

5. I have no symptoms, taken a PCR test and the result is negative, can I come back to College immediately?

Yes, you can return if you are symptom free, but if you are aged 18 or over, an extra rule applies:

- 2 weeks must have passed since the date of your 2nd vaccination, otherwise you will need to self-isolate – see the [NHS self help guide](#).

6. My Lateral Flow Device Test is positive, what should I do?

- Please let the College know immediately.
- You must self-isolate right away and book a PCR test by following the information on the <https://www.nhsinform.scot/> website.

7. The nursery has issued slightly different advice about self-isolation for my child, why is this?

The nursery operates under different guidance.

Self-isolation rules for the children will only be issued by the Nursery Manager and may differ from advice given to students attending courses in College.

8. Someone in my class is self-isolating or has tested positive, what should I do?

Depending on the circumstances, some close contacts will be asked to self-isolate. The College will be guided by the Test and Protect Team and this will mean that:

- A range of students *may* be asked to self-isolate depending on close contact data.
- Test and Protect guidance letters will be issued to each class where a positive case directly linked to College activity has been confirmed via PCR testing.

You will not need to self-isolate unless you have been identified as a close contact of a positive case.

9. How can I take part in Lateral Flow Device (LFD) home testing?

Everyone attending on-site is encouraged to take part in LFD testing. Test kits are available from reception areas from 10-12 and 2-4pm each day.

Remember to sign the consent form when collecting your first set of test kits. See <https://www.moray.uhi.ac.uk/students/coronavirus-covid-19/covidtesting/> for details.