

## COVID-19 GUIDANCE FOR THE MARGARET BARNES BUILDING AND OTHER UNDERGRADUATE STUDENT ACCOMMODATION

**If you still have concerns after reading this guidance, please discuss these initially with the accommodation team.**

### Summary

- Please do not meet others from outside of your 'household' socially inside their home or yours
- Follow Government guidelines on physical distancing when outside of the 'household'
- Always practice good hand hygiene
- Follow our guidance with visitors to the accommodation
- You and other residents must remain in the accommodation if you experience any COVID-19 like symptoms. Arrange a test and contact SAMS' COVID email address to ensure you are supported.

### SAMS and Residents in the Margaret Barnes Building

SAMS recognises the importance of the accommodation in your student life. While our primary concern is the health and wellbeing of our residents and how we manage the current COVID-19/coronavirus pandemic, we want to ensure that we do not introduce overly restrictive measures that can also have a negative impact on your health. The pandemic may affect you in many different ways, not just through the virus itself, but also through anxiety or other wellbeing matters.

This brief document is aimed at giving you guidance on what SAMS is doing to control the risks with our residents, but also importantly it describes how you too can help manage the current COVID-19 issue.

SAMS has also issued two further sets of guidance for students:

- 'COVID-19 Secure for Everyone-Guidance for Undergraduate Students'
- 'Guidance for Student Travel into the UK'

### Arrival at the Accommodation

We will arrange for residents to arrive at the site at different times. If friends or family are helping you move into the accommodation, we ask you please to have no more than three people with you.

When you arrive, please follow the most up to date government guidelines on physical distancing and hand washing. A hand sanitiser will be available in the entrance to the accommodation. Please also ensure that you and your visitors wear a face covering while they are helping you.

You will be met by a member of the SAMS team who will assist you. They will also wear a face covering.

Please note it is important that if you, a member of your household, or if one of your visitors is experiencing any of the COVID-19 symptoms, you do not travel to SAMS until you have followed the Government's guidance on isolation.

### 'Households'

A key component to managing COVID-19 is the formation of a 'household'.

When you move into the accommodation, you will form a 'household' with all of the Margaret Barnes Building residents. You will not need to physically distance between yourselves when in the accommodation but you should always follow other guidance below, such as on hand washing.

It is important, however, that you follow all guidelines, including physical distancing, when you are outside of the Margaret Barnes Building, even if you are still with other members of your 'household'.

### Cleaning, Hand Washing and Sanitising Facilities

Hand hygiene and 'cough etiquette'\* still remain some of the best ways to reduce the spread of the virus. Please make use of the hand sanitiser when you enter and leave the accommodation and let a member of the accommodation team know if the bottle is empty. Wash your hands frequently with soap and hot water for 20 seconds when in the accommodation.

\*If you need to cough or sneeze, use a disposable tissue or, if one isn't available, cough into the crook of your elbow.

Please keep the accommodation clean, particularly areas that are touched and used frequently like kitchen work surfaces and door handles. Any standard household cleaner is effective against the virus.

### Visitors

From 23<sup>rd</sup> September, you cannot meet with other 'households' socially inside their home or yours.

### Maintenance

It will of course be necessary from time to time for SAMS staff to enter the building. This will always be done as per the documented arrangements we have shared with you separately. However, we will try to minimise unnecessary visits and will, wherever possible, try to restrict the number of people needed. Our staff will employ all necessary hygiene measures and will wear a face covering.

### If you become unwell with COVID-19 symptoms

COVID-19 symptoms are a new:

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

If you experience any of these symptoms, **you must self isolate immediately** and request a coronavirus test. You can do this through [nhsinform.scot](https://nhsinform.scot) or by calling 0800 028 2816 if you cannot get online. You must self-isolate for 10 days unless your test comes back negative.

All other residents, as members of the 'household', **must also stay in the accommodation for 14 days** in case they develop symptoms. Any further residents who develop symptoms should then request a test but this is only after symptoms develop as the test is otherwise inaccurate.

If you are self-isolating, you should as far as possible:

- stay at least 2m from other residents;
- keep your room ventilated;
- minimise time in shared areas such as the lounge or kitchen. Try to cook your meals at different times and eat your meals in your room;
- clean areas such as the kitchen after you have used them.

Please contact [COVID19SAMSstudent@sams.ac.uk](mailto:COVID19SAMSstudent@sams.ac.uk) to indicate that you are self-isolating.

This may be a worrying time if you have symptoms or are sharing with someone that is self isolating. If you feel that you need support with mental wellbeing please contact Polly Crooks.

Remember also that students have access to [Togetherall](#), a confidential support service operated by healthcare professionals, which is available online, 24/7, and is completely anonymous.

#### Guidance for Non-MBB Accommodation

The following is relevant if you are living in accommodation other than the Margaret Barnes Building:

- You will form a 'household' with the other residents in the accommodation.
- From 23<sup>rd</sup> September, you cannot meet with other households socially inside their home or yours.
- Hand hygiene is important.
- Please still manage the number of visitors you have to the property and ensure that you follow Government guidelines.
- The above guidance if you experience COVID-19 symptoms is still relevant. You must go into self-isolation with your fellow residents and you should arrange to get tested if you are experiencing symptoms.
- Email [COVID19SAMSstudent@sams.ac.uk](mailto:COVID19SAMSstudent@sams.ac.uk) if you are having to self-isolate. Contact Polly Crooks if you are concerned over your mental wellbeing.

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