

## GUIDANCE ON UNDERGRADUATE STUDENT TRAVEL INTO THE UNITED KINGDOM

### Summary

- Do not travel if you have any COVID-19 symptoms
- Complete the passenger locator form prior to travel and ensure that you travel with evidence that you have done so
- Let the SAMS Education team know your travel plans
- Wear a face covering and maintain 2 metres between you and other people if you need to use public transport
- Unless you have travelled from an exempt country, you will need to self-isolate for 14 days in your student accommodation or with friends or family.
- Keep in touch with our Education team during the self-isolation period
- If you experience COVID-19 symptoms, let the SAMS team know and arrange for a test

### Introduction

The UK Government has introduced a policy of self-isolation for anyone arriving into the UK from overseas. The aim is to help manage the risks to public health from coronavirus/COVID-19. Currently, the policy may require SAMS' international students arriving into the UK to self-isolate for 14 days.

You will already have received guidance from the Education team about how your course will be delivered in Semester 1. It is important that you follow their guidance and do not travel unnecessarily into the UK at this time.

This guidance describes the key requirements of the Scottish Government's [self-isolation policy](#). It also explains how SAMS will support you during any self-isolation that you may need to complete. SAMS also has two other relevant guidance documents:

- 'COVID-19 Secure for Everyone-Guidance for Undergraduate Students'
- 'COVID-19 Guidance for the Margaret Barnes Building and Other Undergraduate Student Accommodation'

### Pre-arrival

Please do not travel if you are displaying symptoms of COVID-19 which are a new:

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

Before you travel, you should provide your journey plan, contact details and the address where you will self isolate. You should do this through the [passenger locator form](#) which you will be able to complete 48 hours before you arrive in the UK. If you have a seat number for your journey, please include it.

Before you travel, please also advise a member of the SAMS Education team of your plans, as detailed below.

**You must provide evidence of completing this form on arrival if requested by a Border Force official. If you do not complete the form, you may be fined £60 in Scotland and may also be refused entry into the UK.**

### Journey to your accommodation

The Government advises that you do not use public transport to travel to your accommodation. For

most, we recognise that this will be difficult to avoid. If you use public transport, you must wear something that covers your nose and mouth and stay at least 2 metres from other people. There is more guidance on face coverings [here](#).

If you need to stop overnight in accommodation on the way to your final accommodation, this is acceptable but you must self-isolate and include the details in your passenger locator form.

#### How to self-isolate

If you have to self-isolate you should do this in one place for 14 days where you can have food and other necessary items delivered and stay away from others. You must self-isolate at the address you provided on the passenger locator form.

Your address can be:

- friends or family or;
- your normal place of accommodation during your studies at SAMS.

Please do not have visitors while you are self-isolating, unless they are providing you with essential care.

You should not go into any of the SAMS buildings or visit public areas. You should not go shopping, unless it is to obtain basic necessities. There are other limited occasions when you are permitted to leave your self-isolation and the full details can be found [here](#).

It is important to avoid contact with other people in the accommodation. The other people in the accommodation do not need to stay at home, unless they too 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. If your accommodation has a shared bathroom, it is particularly important that you clean this after you use it. Do not use shared towels.

Wash your hands regularly with soap and hot water for 20 seconds. Please avoid touching your eyes, nose and mouth. Cover your mouth and nose with a disposable tissue when you cough and sneeze, dispose of the tissue and wash your hands.

**You may be contacted by Public Health Scotland during your self-isolation. If you fail to comply with self-isolation measures, you may be fined £480 in Scotland.**

**It is your responsibility to be familiar with and comply with the self-isolation rules.**

#### Country exemptions

You do not have to self isolate if you have travelled from a country that is exempt from these requirements. A list of countries with current exemptions can be found [here](#) but please ensure that continually monitor this list prior to travel as the situation can change very rapidly.

**You will still need to complete the passenger locator form prior to arrival.**

### Support during self-isolation

We recognise that for some, the period of self-isolation may be very difficult.

Please ensure you contact the Education team as detailed below with details of your travel plans. They will then keep in touch with you as needed during the self-isolation. They will also put in place a procedure to help you fulfil your immediate obligations during self-isolation, such as the safe collection of the Biometric Residence Permit if required.

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

SAMS also has a [COVID-19 internet site](#) where further information is made available. There are also many external resources available, one of the key ones being available through [NHS Inform](#).

### If you develop COVID-19 symptoms

If you develop symptoms during your period of isolation, you should arrange to get tested for the virus on the [NHS Inform website](#).

Please also contact a member of the Education team immediately.

If you share your accommodation with other people, they will need to self-isolate for 14 days.

If you are symptomatic early in your self-isolation and recover before day 14 you will still have to complete the full 14 day self-isolation period. If you are symptomatic later then you will need to be in self-isolation for 14 days PLUS the time to recovery. This means that after symptom onset you should remain in isolation for a further 10 days and be symptom free (no fever) for a minimum of 48 hours (whichever is the longer period).

### Contacts

Accommodation related details and issues– [accommodation@sams.ac.uk](mailto:accommodation@sams.ac.uk)

Travel plans –

Undergraduate - [admissions@sams.ac.uk](mailto:admissions@sams.ac.uk)

Should you need support for your mental wellbeing during a period of self-isolation

Undergraduate – [Polly.Crooks@sams.ac.uk](mailto:Polly.Crooks@sams.ac.uk)

Should you develop COVID-19 symptoms, or you are undergoing a test please notify the following address [COVID19SAMSstudents@sams.ac.uk](mailto:COVID19SAMSstudents@sams.ac.uk)

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