

Student guidance on what to do if you test positive for Covid19:

1. If you test positive on a lateral flow test you must book a PCR test and isolate until you have the results.
2. To book a PCR test use the following link: <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/essential-worker>

If you test positive for a PCR test you must isolate for 10 days or longer if certain symptoms persist.

Self-isolation means you should remain at home and should not: go to lectures or classes, use public transport, go out to exercise, get food or medicine, or have visitors in your home. You must stay at home, in a different room from other people in your home.

NHS Test and Protect will call to discuss your positive result with you.

3. You must contact the student admissions team at the College as soon as you have a positive lateral flow or PCR test result. You can email studentadmin@almcollege.ac.uk or call 01382 908070. The Admissions team will ask you to forward the NHS email that advises of your positive covid result.

Additionally, tell people you've been in close contact with in the past 48 hours that you might have COVID-19 but they do not need to self-isolate unless they're contacted by the NHS Test and Trace service.

4. If you are able to and you are not unwell, we will ask you to keep up with your studies from home while you are self-isolating. If you are unwell and not able to study, you need to follow the College's sickness/absence reporting procedure and should contact the Admissions team.
5. If you require support at home, additional support is available and will be offered by Test and Protect/NHS. If you require work to be emailed to you, please contact your course lecturer or call the Admissions team. If you are struggling to get food shopping because you live alone, please let your line manager know and we will support you as much as we can.:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-and-financial-support-while-youre-self-isolating/>

6. Returning to study:

If you had symptoms and tested positive:

If you stayed at home for 10 days because you had symptoms and tested positive, you can return to work and your usual activities 11 days from the date your symptoms started. You may still have a cough or loss of, or change in, sense of smell or taste for several weeks. Evidence suggests that people who develop symptoms are very unlikely to pose an infection risk to other people beyond the 10th day of illness, even if you still have symptoms. You can return to study and your usual activities if you haven't had a high temperature in 48 hours, without the need for medication to control fever. Your lecturer should support you to return to work in this case. You must continue to follow the [Scottish Government's coronavirus advice](#).

If you tested positive but had no symptoms

If you stayed at home for 10 days because you tested positive but you had no symptoms, you can return to study and your usual activities 11 days from the date of your test. You must continue to follow the [Scottish Government's coronavirus advice](#).

Students who have previously tested positive for Covid by PCR, should be exempt from routine re-testing, by PCR or LFD antigen tests, if within 90 days from their initial illness onset or test date (if asymptomatic), unless they develop new COVID-19 symptoms.

Everyone's exposure to the virus is different. How it affects you may be very different from others you know who have had the virus so please discuss your return to work with your lecturer and the Admissions office to seek any additional support, if required.