

How to prepare and get ready for possible self-isolation

BUY



Non-perishable food and drink supplies



Toiletries and personal care products



Cleaning products



Over the counter medication and renew any ongoing prescriptions

TELL



Identify your support network (eg. Friends/neighbours/supervision partners)



Be aware of who you need to inform in your department and college

DO



Think about what you might need for your studies – library books/equipment/resources



Think about what you might like to have for self-care activities - dvds, books, puzzles and games, exercise and art equipment

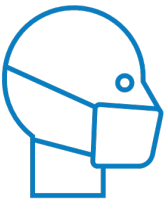


Make a note of online resources and support

If there is a fire alarm or other emergency evacuation while in self-isolation



Evacuate when you hear the alarm.



Wear a Face Covering



Wear gloves if available. Minimise touching surfaces outside your room.



Remain 2 metres away from all other people as far as possible. Do not mingle with other households.