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.