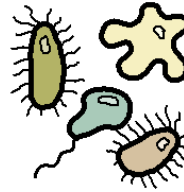


Queen Alexandra College – Student Support Services

COVID19 Student Support Guide



This booklet is to help you understand about COVID19 and the changes that are being made at college.

There are 3 important sections to this booklet:



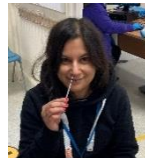
1a.) Why am I not in college?

OR

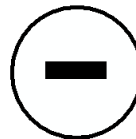


1b.) Coming back to college during lockdown

2.) How to take my COVID Test

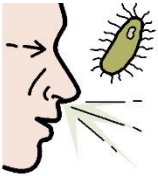


3.) My COVID Test Result





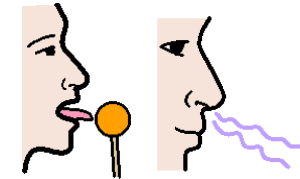
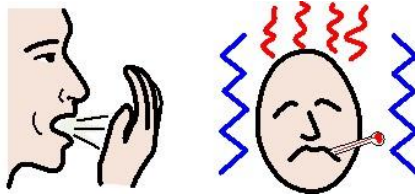
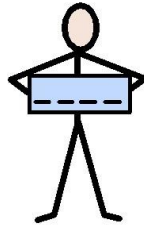
SECTION 1a - Why aren't I at college?



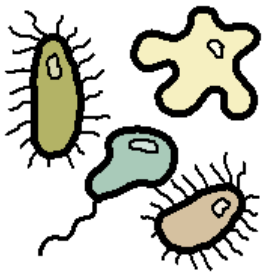
Coronavirus is a virus that can make people feel poorly.



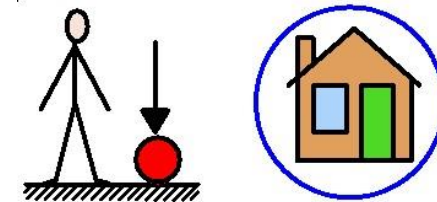
It is sometimes called COVID-19



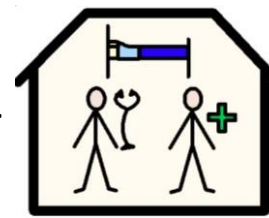
People who have the virus may have a cough and a high temperature and sometimes it effects taste and smell.



Most people who have the coronavirus will stay at home to get better.



Some people who have the coronavirus will go to hospital to get better.



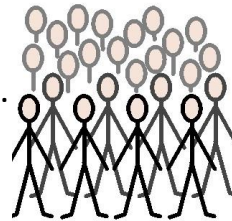
I can help stop the spread of germs by washing my hands with soap and water.



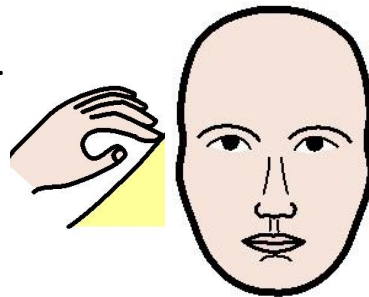
If I can't wash my hands I can use hand sanitizer



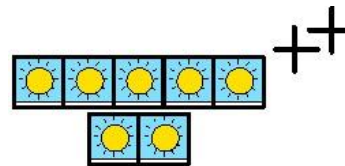
I should stay away from places where there are lots of people.

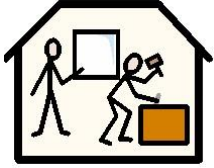


I should try not to touch my face.

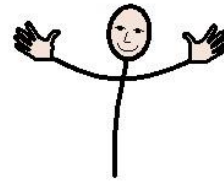


There will be no college for a few weeks.

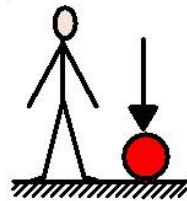




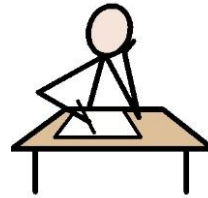
College will open again.



I will stay at home while college is closed.



I can do my college work while I am at home.

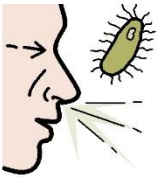


I know that I will feel safe at home and there is no need to be worried.





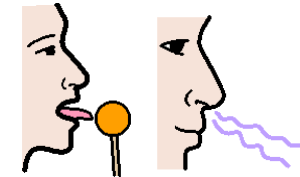
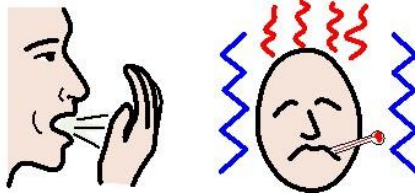
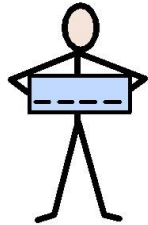
SECTION 1b - Coming Back to College during Lockdown



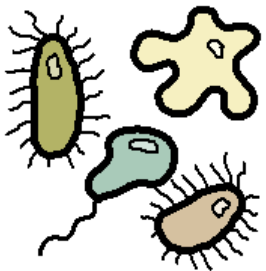
Coronavirus is a virus that can make people feel poorly.



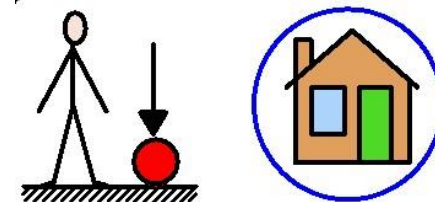
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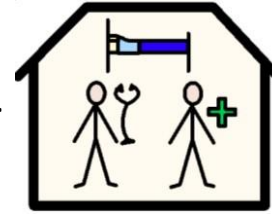
People who have the virus may have a cough and a high temperature and sometimes it effects taste and smell.



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Some people who have the coronavirus will go to hospital to get better.



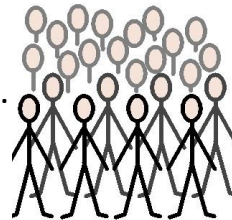
I can help stop the spread of germs by washing my hands with soap and water.



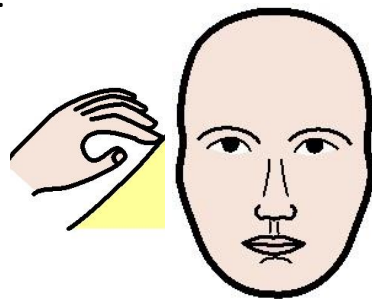
If I can't wash my hands I can use hand sanitizer



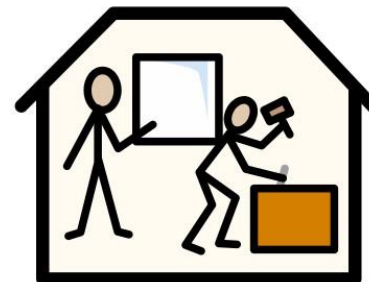
I should stay away from places where there are lots of people.



I should try not to touch my face.

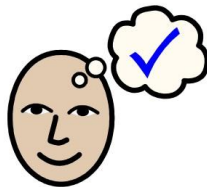


I am going back to college soon but not all of the students will be there.





College is going to be a little bit different when I go back.



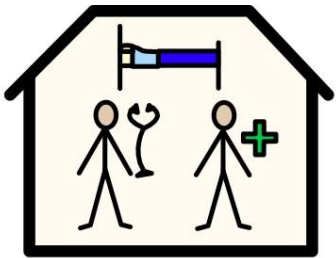
This guide is to help me to understand the changes that I will see when I come back to college.



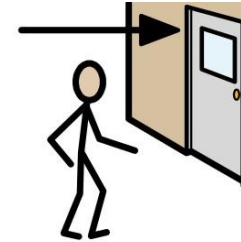
These changes are only for a little while. Things will go back to 'normal'.



Why am I coming to college?

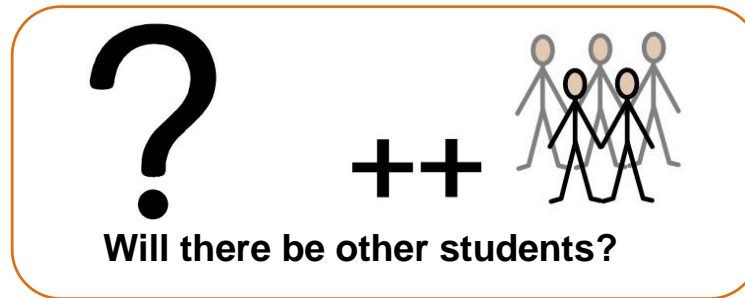


I might be coming to college because my family have very important jobs helping people who are poorly to get better. I will come to college so that my parent(s)/carers can go to work.



Or I might be in college because I am in my last year here and it is important that I get my work done.



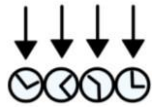


College will be very quiet as not many students will be in.

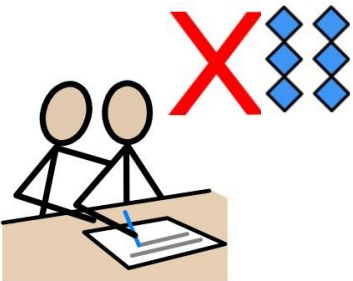
I might not be with students who are in my group but there will be students who I recognise from classrooms near to mine.

I can make some new friends while at college because most of my friends will be staying at home.

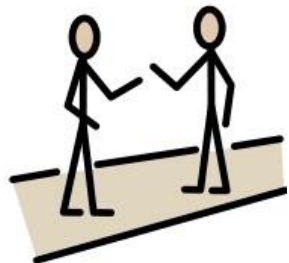




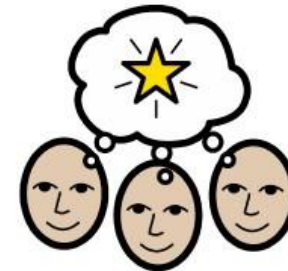
There will always be a member of staff with me when I come to college.

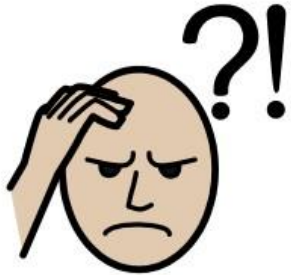


However, this member of staff might not be the same person every day.

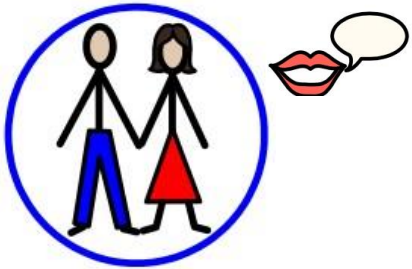
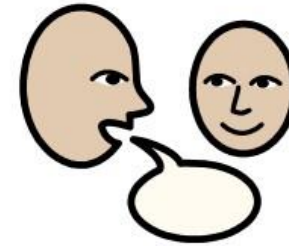


I have seen and met most of the staff at college before and they are looking forward to helping me when I come to college

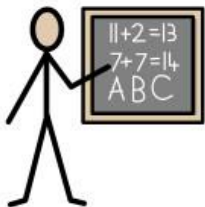
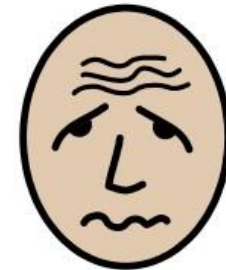




If I find this difficult there are people that I know that I can talk to.



I can talk to my parents who can let college know that this is worrying me.



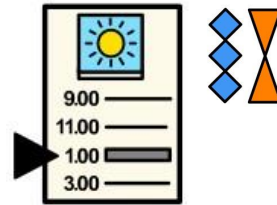
Or I might be able to talk about my worries with my tutor over the phone or email, and staff at college can help me to do this.



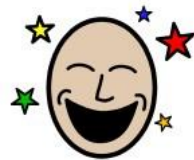


What will I do when I am at college?

My college day will be a little bit different.

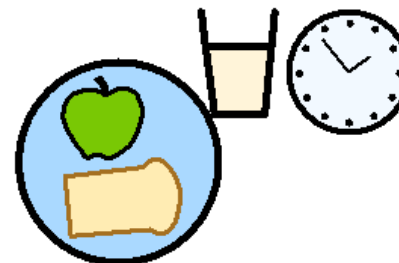


There will be tutors and LSA's to help me to do my work and other activities which will be different every day.



These extra activities will be fun and will help me to feel happy and relaxed.

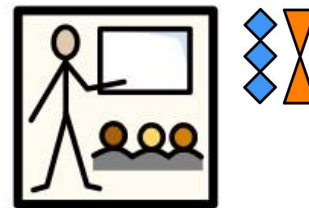
My break and lunches will be the same when I come back to college.



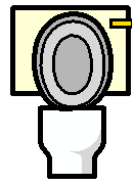
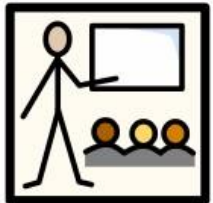


Where can I go when I am at college?

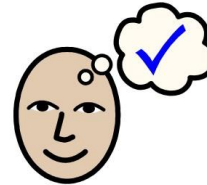
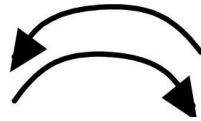
I might be in a different classroom when I come to college.



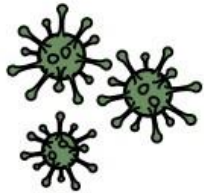
To help keep everyone safe and well, I can only visit some areas of the college. This includes my classroom, my lunch room (hall or canteen), toilets and the field.



This page is not for students who are staying at home during the lockdown



What other changes do I need to know?



Due to the Coronavirus, staff will still need to wear 'PPE' which means Personal Protective Equipment.

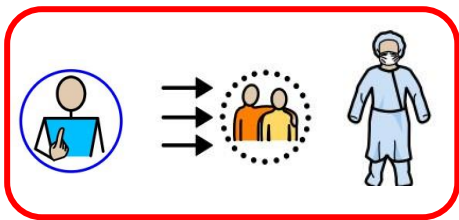


This means that staff may have to wear aprons, face masks and gloves.

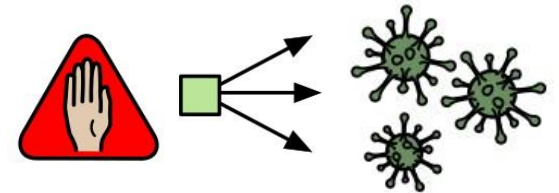
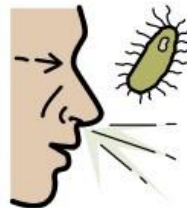




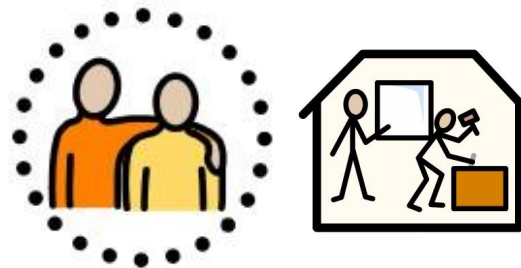
This is to stop me getting sick.

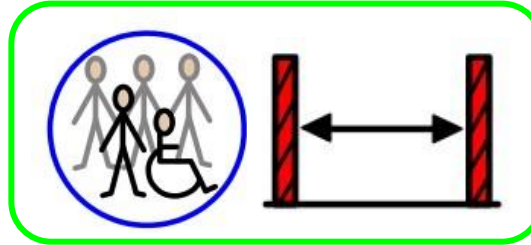


Staff wear PPE to stop the spread of the Coronavirus.

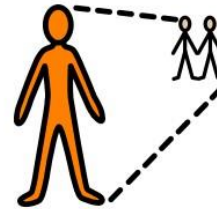
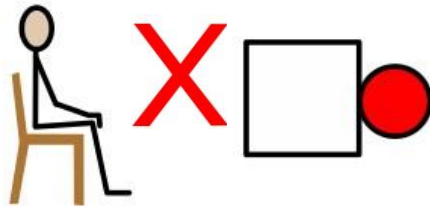


This is to keep me and everyone else safe while at college.





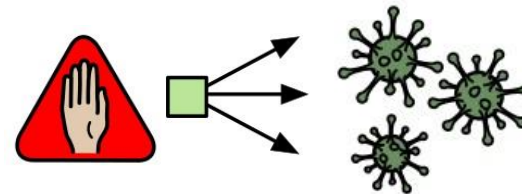
Staff will also try to keep me and other people at a safe 'social distance'.



This means not always sitting next to me or being too close to me if they don't need to be.



This is to help keep everyone safe and to stop the spread of the virus.

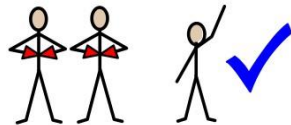
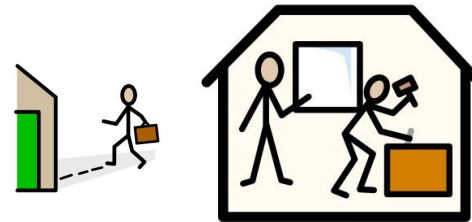




And finally....



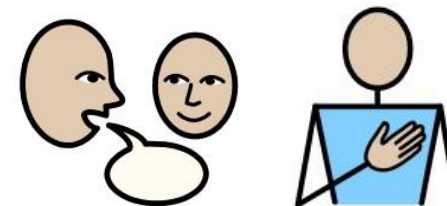
I will try not to worry about coming into college.



College staff will do everything they can to make me feel happy and safe.



I can talk to anyone at college or at home about how I feel and what I would like to do and they will try their best to help me.

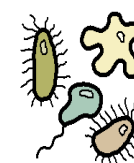




When I come back to college I will take a COVID test once a week.



My parent(s)/ carer(s) agree that this is a good idea and have also given consent.



COVID tests will keep everyone at college safe because they will let people know if they have the virus.



Not everyone with the virus is poorly. Some people can have the virus and not know. The COVID test will let me know if I have the virus.



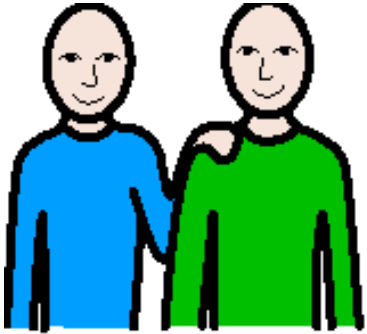
There is a COVID Test Centre at college. This is behind the Gym.



Staff will take me to the Test Centre for my test and if it is busy, I can wait in the shelter or the Gym.



When I go into the Test Centre, a member of the Test Team will greet me.



My LSA/tutor can stay with me the whole time.



The Test Team will show me to my own Test Bay where I can sit down.



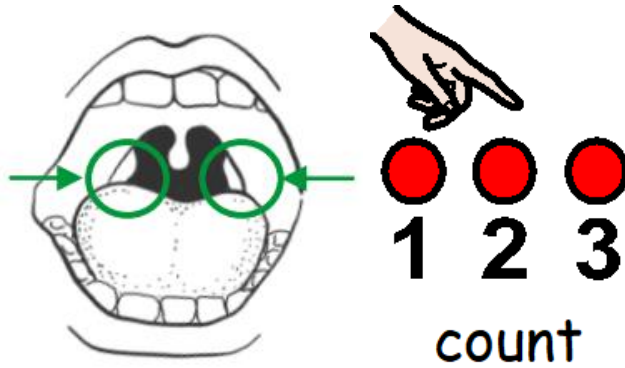
When I am sat down, I might be asked to blow my nose and then I will use hand sanitiser.



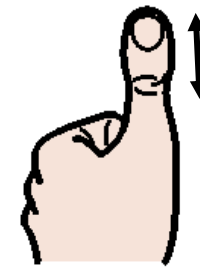


A member of the Test Team will give me a 'swab'. This is a plastic stick with a cotton bud on the end.

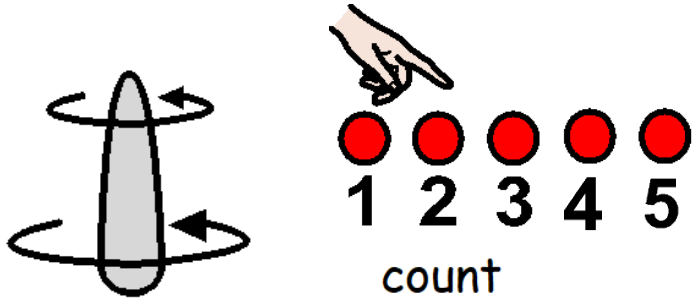
If this is in a packet, I can open it myself or ask the Test Team to open it for me.



I look in the mirror on the table and open my mouth wide. I then wipe the cotton bud end of the swab on my tonsils. This is the back of my throat. I do this for 3 seconds.



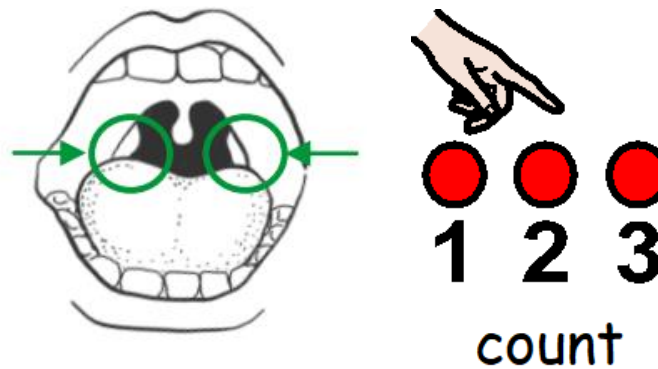
I then put the swab up my nose and the Test Team will tell me how far up I need to put it. It is about half the length of my thumb.



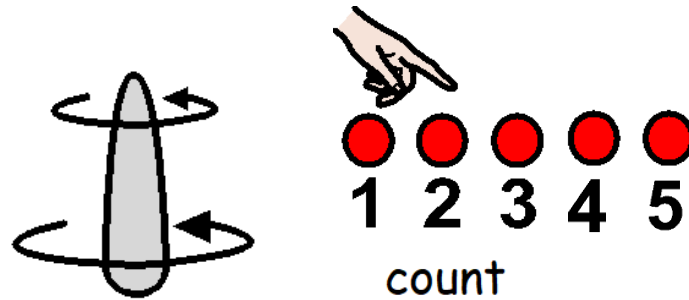
I turn the swab around in my nose and count to 5.



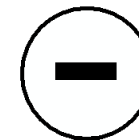
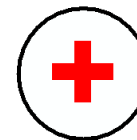
The Test Team will then show me the tube that I put the swab in or I can give it to them to do.



I can ask the Test Team to do the test for me if this is easier. They will then put the swab in my mouth for 3 seconds.



And then they will put the swab in my nose and turn it around for five seconds.



I have finished my COVID test! I have done a good job! I can leave the Test Centre and my LSA/tutor will tell me my result a little later.

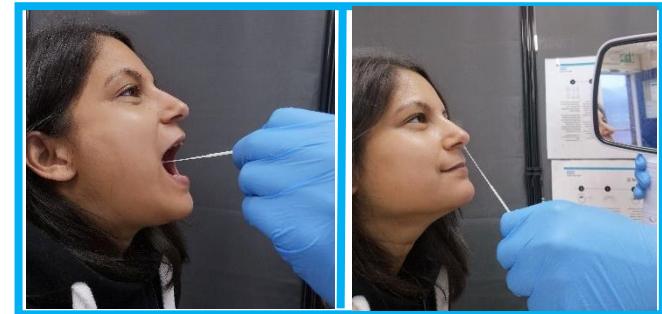
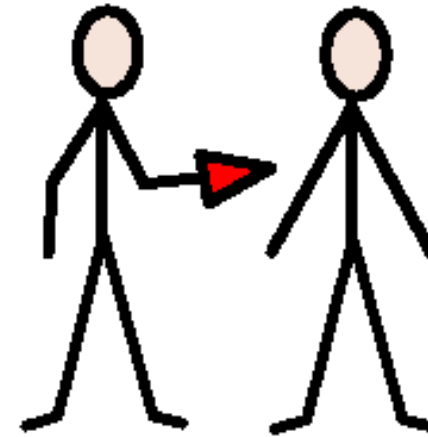
I want to do my COVID Test by myself



I will put the swab in my own mouth

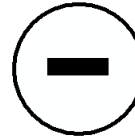
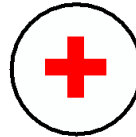
I will put the swab in my own nose

I want the Test Team to do my COVID Test



Someone else will swab my mouth

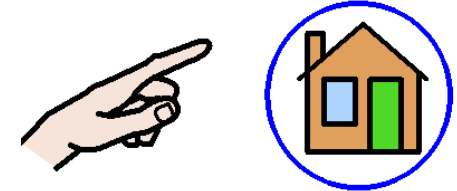
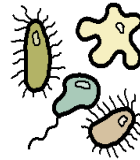
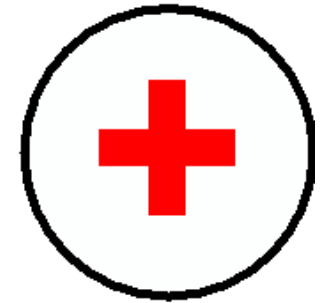
Someone else will swab my nose



My COVID Test Result



What to do if my COVID Test result is Positive



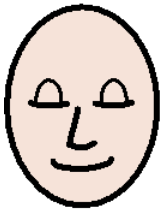
If my test result is Positive I am likely to have Coronavirus/ COVID19. My parent(s) / carer(s) will be called and they will come and take me home.



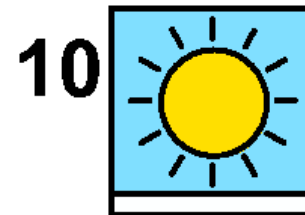
I will do another test at home. My parents/carers will help me to do this.



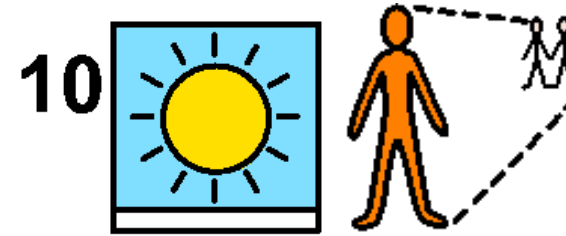
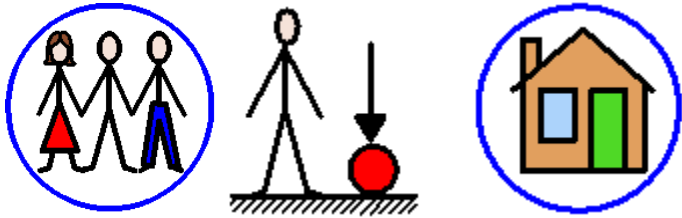
I must remember that by going home I am keeping everyone at college safe and this is a good and brave thing to do!



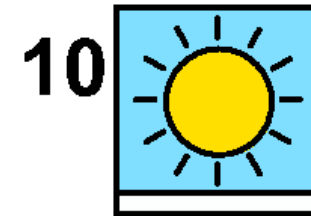
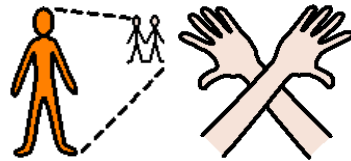
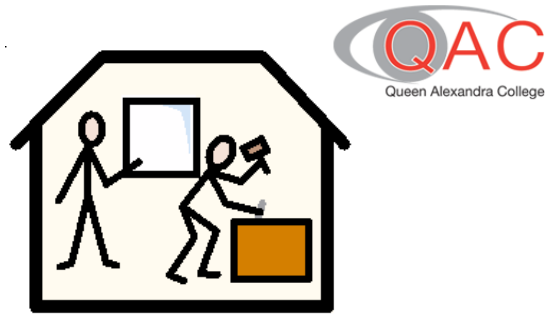
I must try not to worry because most people do not get very poorly with the virus. Most people feel like they have a cold or don't feel any different at all.



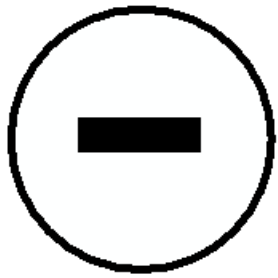
I can do my college work if I feel ok but this is not important for the 10 days that I must stay at home.



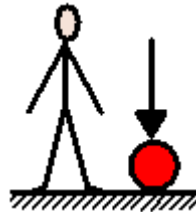
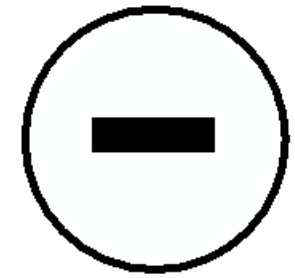
My positive result means that me, and the people I live with, must stay at home for 10 days. This is called self-isolating.



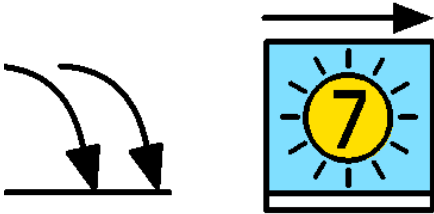
I can come back to college when my self-isolation has finished. This is 10 days after I have taken my home test.



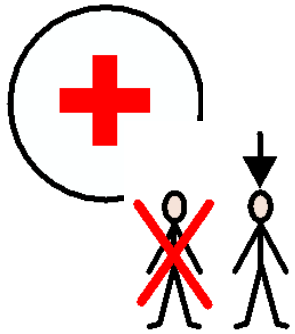
What to do if my COVID Test result is Negative



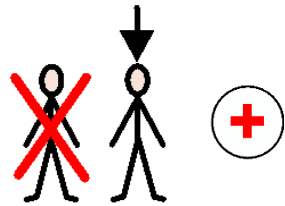
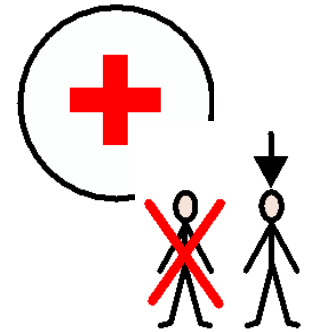
If my test result is Negative, I can stay at college as normal.



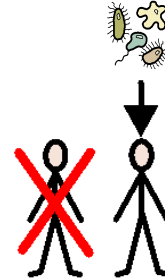
I will take another test next week.



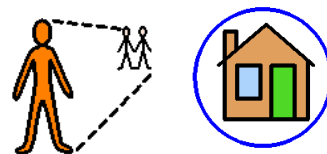
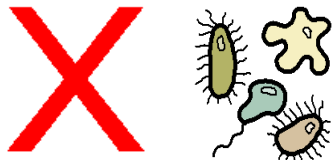
What to do if someone in my group tests Positive



If someone in my group (or bubble) tests Positive then I will have to go home and self-isolate for 10 days.



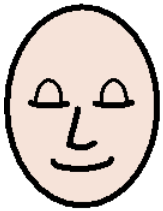
This is because I have been in the same room as someone who has got the virus.



This doesn't mean that I have the virus but I should self-isolate at home because there is a small chance that I might have it.



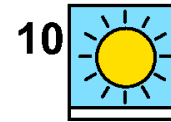
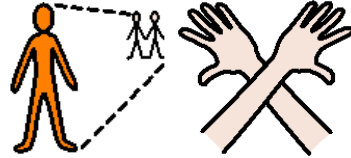
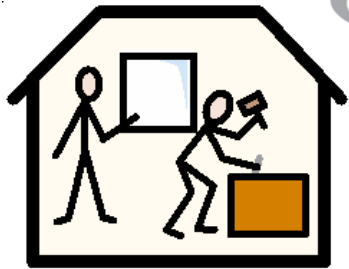
I must remember that by going home I am keeping everyone at college safe and this is a good and brave thing to do!



I must try not to worry because most people do not get very poorly with the virus. Most people feel like they have a cold or don't feel any different at all.



I can do my college work at home.



I can come back to college when my self-isolation has finished. This lasts for 10 days.