

COVID-19 information for visitors

last reviewed: 29/10/2021

There are currently no restrictions on the approach to teaching and learning in higher education environments in England as a result of COVID-19. We continue to conduct risk assessments and implement sensible and effective measures to reduce the risk of COVID-19 transmission at Spirit Studios.

We all have a responsibility to follow the guidance outlined in this document to minimise the risk to health of all staff, students and visitors at Spirit Studios. It is now a legal duty to self-isolate if testing positive for COVID-19 or being told to self-isolate by NHS Track and Trace, with possible fines ranging from £1,000 to £10,000.

If multiple diagnoses of COVID-19 occur within the Spirit Studios community, such as a large-scale outbreak, restrictions may be implemented to control that outbreak. Such restrictions can include a reduction in face-to-face learning and facility access. It is in everyone's interest to follow this guidance to reduce the chances of such restrictions being implemented.

Please [notify](#) us if you receive a positive COVID-19 test result by contacting reception on 0161 276 2100 or emailing covidsupport@spiritstudios.ac.uk.

COVID-19 symptoms

The [NHS states the main COVID-19 symptoms](#) are:

- **a high temperature** - this means you feel hot to touch on your chest or back
- **a new, continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

However, research by [ZOE COVID Study](#) is suggesting that these symptoms currently rank down the list of possible COVID-19 symptoms. This is indicating that symptoms are changing with the evolving variants of the virus and those who are vaccinated are experiencing less severe symptoms. More cases are now being reported by younger people who have been found to experience different, less severe symptoms generally.

Please also monitor for the following symptoms:

- **Headache**
- **Runny nose**
- **Sneezing**
- **Sore Throat**

If you've been vaccinated and start sneezing a lot without an explanation, or have any of the above symptoms, you should self-isolate and get a COVID-19 test. If in doubt, take a test.

Travel and transport

Please see the [safer travel guidance](#) for more information on walking, cycling and travelling in vehicles or on public transport during the COVID-19 outbreak.

Check-in to Spirit Studios with the NHS COVID-19 app

The NHS COVID-19 app allows staff, students and visitors to check-in to Spirit Studios by scanning a QR code, which enables NHS Test and Trace to send notifications. A QR code is located in reception.

Face coverings

The government has removed the requirement to wear face coverings in law but expects and recommends that they be worn in enclosed and crowded spaces, including where people may come into contact with people they don't normally meet.

We ask all visitors to be in possession of a face covering should the need to use one arise. There may be instances where wearing a face covering feels right, or other individuals in the same room as you feel more comfortable wearing a face covering. We ask you to please be mindful of others in this regard.

Face coverings should fit securely around the face to cover the nose and mouth and be made with a breathable material capable of filtering airborne particles.

Do not dispose of any disposable masks in the general bins at Spirit Studios. If you use disposable masks, please safely dispose of them away from the Spirit Studios premises.

Hand washing

One of the most effective ways in reducing the spread of COVID-19 is regular and thorough washing of hands. Please wash your hands immediately upon arrival at Spirit Studios, prior to entering any rooms and prior to signing out equipment. Hand sanitiser dispensers are located in reception and around the building. Signs are located in each toilet and hand sanitizing station showing the recommended approach to washing hands thoroughly.

Some individuals may have sensitive skin which is irritated by the alcohol-based hand sanitiser that we use. Please use soap and warm water instead. There may also be effective alternatives that you can purchase too. If in doubt, speak to your GP.

Try to stop touching your face with your hands.

Always carry tissues and use them to catch a cough or sneeze. Dispose of your tissue and then wash your hands as quickly as possible. Remember: Catch it, bin it, kill it.

When not to visit Spirit Studios

Do not visit Spirit Studios if:

- You have COVID-19 symptoms (as listed above)
- You've tested positive for COVID-19
- Someone you live with has symptoms or has tested positive (unless you are not required to self-isolate - check below if this applies to you)
- You've been told to self-isolate following contact with someone who tested positive - [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)

If someone you live with has symptoms of COVID-19 or has tested positive for COVID-19, or if you are a close contact of someone with COVID-19, you will not need to self-isolate if any of the following apply:

- You're fully vaccinated - this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- You're under 18 years, 6 months old
- You're taking part or have taken part in a COVID-19 vaccine trial
- You're not able to get vaccinated for medical reasons

Even if any of the above applies to you and you do not have symptoms, you should still:

- [Get a PCR test](#) to check if you have COVID-19
- Follow advice on [how to avoid catching and spreading COVID-19](#)
- Consider limiting contact with [people who are at higher risk from COVID-19](#)

What happens if I test positive for COVID-19 after my visit?

1. If you received a positive LFD test result, please arrange to have a PCR test ASAP to confirm a positive result. You can [book this online](#) or by calling 119.
2. Stay at home while you are waiting for a home test kit, a test site appointment or a test result and follow the national [guidance for people with a possible or confirmed positive COVID-19 test result](#).
3. Email us at covidsupport@spiritstudios.ac.uk or call 0161 276 2100 to inform us of the positive LFD test result.
4. If you receive a positive PCR result, you must self-isolate.
5. Email us at covidsupport@spiritstudios.ac.uk or call 0161 276 2100 to inform us of your positive PCR test result. Provide the names of anyone who is a contact at Spirit Studios. A contact, in terms of the transmission of COVID-19, is defined in the 'What is a contact?' section.
6. Tell contacts outside of Spirit Studios that you have COVID-19 and to follow the latest government guidance.

What is a contact?

A contact is a person who has been close to someone who has tested positive for COVID-19. A person can be a contact any time from 2 days before you developed symptoms (or, if you did not have any symptoms, from 2 days before the date your positive test was taken), and up to 10 days after, as this is when you can pass the infection on to others. This includes:

- Face-to-face contact including being coughed on or having a face-to-face conversation within one metre of you
- They have been within one metre of you for one minute or longer without face-to-face contact
- They have been within two metres of you for more than 15 minutes (either as a one-off contact, or added up together over one day)

You will be asked to provide a list of contacts from Spirit Studios to us if you test positive for COVID-19. You should also contact any contacts you've had outside Spirit Studios to inform them that you've tested positive for COVID-19.

What we do when you inform us that you've tested positive for COVID-19

When we receive notification of a suspected or confirmed case of COVID-19, we follow a detailed process that includes tracking and tracing to reduce transmission, communication to the relevant staff, students and visitors and cleaning of any affected areas where appropriate.

Visitors who are confirmed as having COVID-19 are asked to share details of their identified contacts at Spirit Studios to allow us to inform those that will need to self-isolate in line with government guidelines.

What we're doing to keep you safe at Spirit Studios

Please see our [COVID-19 control measures](#) document to see the measures we've implemented to reduce the risk of COVID-19 at Spirit Studios.