



**BPP**  
UNIVERSITY

# Self-isolation guide.

A guide for BPP University  
students arriving in the UK

# Before you depart for the UK.

It is essential that before you depart for the UK you ensure you have the following:

- Confirmed accommodation in the UK, near the centre you will be studying at
  - Health and travel insurance
  - Clothes for UK weather
  - All appropriate documentation
    1. Passport and plane tickets (Please check all guidance from airline before you travel)
    2. Originals (or certified copies) of your qualification certificates
    3. Your document confirming your place on a course at BPP University
    4. Evidence that you have enough money to support yourself while studying (and pay any unpaid tuition fees) – recent bank statements etc.
    5. Contact details for study centre and your accommodation details
    6. A Public Health Passenger Locator Form (Must be completed in the 48 hours before you travel)
- [gov.uk/provide-journey-contact-details-before-travel-uk](https://www.gov.uk/provide-journey-contact-details-before-travel-uk)
- Cash to buy essentials at the airport, food, mobile phone SIM card
  - Face covering that covers your nose and mouth which you need to wear at the airport, on the plane and in transit once in the UK to your accommodation
  - Pre-booked or ready-planned travel from the airport to your accommodation, if not, most airports have a taxi service

Please ensure that you have read the UK government guidance – [gov.uk/coronavirus](https://www.gov.uk/coronavirus)





# Self-isolating.

As part of the UK government's response to control the spread of Covid-19, the UK government is instructing people entering the UK to self-isolate. Whilst there are several exceptions\*, if you are arriving into the UK, it is likely that you will have to stay indoors and away from other people for two weeks.

## Arriving in the UK and the Border Agency

It is important to understand that the UK government's approach to 'self-isolation' is different from that of many other countries. Please keep up to date and follow the UK government guidelines on wearing a face covering.

When you arrive at the UK border, you will be asked to show a Public Health Passenger Locator Form – either as a print-out, or on your phone. This form is part of a free service, that will notify you if someone on your flight reports coronavirus symptoms. The form can be found here along with useful information [gov.uk/provide-journey-contact-details-before-travel-uk](https://gov.uk/provide-journey-contact-details-before-travel-uk)

**The Public Health Passenger Locator Form will ask you to provide an address in the UK where you will be self-isolating for the first 14 days of your stay in the UK.**

\*These can be found on [gov.uk/coronavirus](https://gov.uk/coronavirus).

## Travelling to your Accommodation

There are several ways to travel to your accommodation. If you are using UK public transport, currently UK law stipulates that face masks/coverings must be worn on public transport (bus, train or tube), taxi services or coach services at all times.

The self-isolation period is set at 14 days because it can take this long for coronavirus symptoms to appear.

The government has said they will carry out some spot checks to ensure self-isolation is being carried out and penalties will be in place for those who do not comply.

### How should I self-isolate?

By staying at home, you will be playing an essential part in controlling the virus. While at home, here are a few self-isolation tips:

- Wash your hands frequently with soap for at least 20 seconds
- Avoid visitors whilst you are self-isolating
- If you are staying in accommodation with a communal area, minimise the amount of time spent here and consider wearing a face covering to protect others
- Take extra care if living with someone who may be more vulnerable to Covid-19

- Ask family/friends to bring you food or medicine and drop them off for you
- Exercise indoors
- Stay hydrated by drinking water
- Keep online contact with friends and family

If you develop symptoms associated with coronavirus, visit **111.nhs.uk** or call the free NHS non-emergency helpline on 111. Then contact us at **preventthespread@bpp.com** for further support.



# Keeping in touch.

It is important to stay connected with friends and family during your self-isolation period.

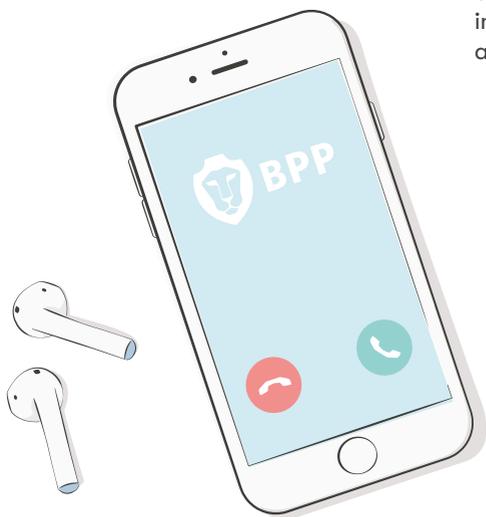
At the airport you may be able to buy a UK mobile phone SIM card before you leave. If you can't, don't worry you can order a SIM card online from the following providers:

- **Giffgaff** – [www.giffgaff.com](http://www.giffgaff.com)
- **Three** – [www.three.com](http://www.three.com)
- **EE** – [www.shop.ee.co.uk](http://www.shop.ee.co.uk)
- **O2** – [www.o2.co.uk](http://www.o2.co.uk)

There are several mobile phone plans to choose from – shop around when you are deciding on the best option for you:

- **Pay Monthly:** you'll need to sign a contract for a fixed length of time, usually for 12 to 24 months
- **Pay as You Go:** you'll just need to top up/buy credit as and when you need it
- **SIM-only:** similar to Pay Monthly but you'll only be committed to a rolling 30 days contract

Calling international numbers from the UK can be expensive, especially if you use your mobile. Some alternative ways to stay in touch with people overseas include using Skype, WeChat, Facebook Messenger or WhatsApp to make calls and send messages. You can also include consider including an international calling plan when you get a UK mobile plan.



# Groceries and Food Delivery.

As you will be self-isolating and unable to leave home, you should either ask friends/family to bring you food or order groceries online.

Many of the UK's major supermarkets offer an online delivery service, including the following:

**Tesco** – [tesco.com](https://www.tesco.com)

**Sainsbury's** – [sainsburys.co.uk](https://www.sainsburys.co.uk)

**Morrisons** – [groceries.morrisons.com](https://www.morrisons.com)

**Iceland** – [iceland.co.uk](https://www.iceland.co.uk)

Whilst you may have to wait for a grocery delivery slot during these times you can, in the short-term, order fast food delivery online, or by downloading apps to your phone from the following services:

- Just Eat
- Deliveroo
- Uber Eats

# Medical information.

## Medical supplies

For over-the-counter medicine and other essentials, you could order online and have these delivered to your address from the following stores:

**Pharmacy2U** – [pharmacy2u.co.uk](http://pharmacy2u.co.uk)

**Boots** – [boots.com](http://boots.com)

**Superdrug** – [superdrug.com](http://superdrug.com)

Please remember to use over-the-counter medications according to the instructions and do not exceed the recommended dose.

Other support is available through mutual aid groups to support local vulnerable people in the community, [covidmutualaid.org](http://covidmutualaid.org)

## Health and Disability

If you have an existing health condition or a disability you are advised to contact the Learning Support team at BPP to find out what support is available to you.

Email: [learningsupport@bpp.com](mailto:learningsupport@bpp.com)

## Symptoms of Covid-19

The main symptoms of coronavirus are:

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

If you start to develop one or more of these symptoms, you must request a free test from the National Health Service (NHS) and stay at home for at least 10 days, or until you get a negative test result.

If someone in your household develops one or more symptoms, you should stay home for 14 days, or until you get a negative test result.

Additional information from the UK government on what to do if you develop symptoms can be found at: [nhs.uk/conditions/coronavirus-covid-19/](https://nhs.uk/conditions/coronavirus-covid-19/)

Guidance for those arriving in the UK can be found at:

[gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk](https://gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk)

Continue to check for local area rules relating to Covid-19 at:

[gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19](https://gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19)

# Mental Wellbeing.

Taking care of your mental wellbeing is also necessary during the days in self-isolation. Apart from focusing on your physical health, also make sure you take time to speak to friends or family online or through the phone. Do things that make you happy such as watching movies, listening to music, online learning, or reading. Simply keep yourself busy.

## Safeguarding

Safeguarding is defined as the protection of students and the promotion of their welfare. We have a dedicated BPP Safeguarding team, who work directly with you, as well as other BPP teams and external agencies to ensure your safety.

If you have any concerns about your welfare or safety or for another student, please contact us on: **[safeguarding@bpp.com](mailto:safeguarding@bpp.com)**

## The Learning Support team

The Learning Support team can provide advice or further assistance on a wide range of areas, including:

- Counselling and support with mental health
- Coping with stress and anxiety
- Wellbeing and health

You can contact learning support at: **[learningsupport@bpp.com](mailto:learningsupport@bpp.com)**

## More resources

Student Minds website, **[studentminds.org.uk](http://studentminds.org.uk)**



# Stay connected with the

# BPP Community.

To ensure that you feel connected to the university, we have created an innovative platform called the ‘Virtual Campus’ on BPP Community.

The Virtual Campus has been created in the absence of our physical campuses so that students and staff can take part in a range of social activities and events to replicate face-to-face contact including employability skills, wellbeing and mindfulness events – keeping connected in a relaxed, professional and fun setting.

You will be able to communicate with others, network professionally and socially, take part in events, participate in games, competitions, listen to guest speakers from industry and more.

We would encourage and expect you to sign up now at **[community.bpp.com](https://community.bpp.com)**.

The registration process is quick, easy and can be done via email or your LinkedIn profile.





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## Still have questions?

**If you have any further questions that haven't been covered in this guide, or would like to talk to BPP University, contact us.**

 +44 (0) 207 430 7065

 [internationaladmissions@bpp.com](mailto:internationaladmissions@bpp.com)

Disclaimer: This information is accurate as at the date of publication, October 2020. However, some information in it may change without notice. This document is for guidance only and does not form part of any contract.

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