

# Self-Isolating Help for Students

## Contact information for Celtic English Academy

Main number: 00 44 (0)2920 344 805 (Monday to Friday 8am to 6pm)

Emergency number: 00 44 (0)7803 495 154 (any other time or in an emergency)

### 1. How is Coronavirus treated?

There is no specific treatment for Coronavirus. Antibiotics do not help, as they do not work against viruses.

Hospital treatment will help the symptoms feel less bad while your body fights the illness.

As most people have mild cases of Coronavirus, they can get well at home, just like any other flu or cold.

To help yourself feel better whilst you are ill at home, the advice is to:

- Drink plenty of water, eat healthily and take everyday painkillers, such as paracetamol, to help with your symptoms unless your doctor says you cannot for another medical reason.

### 2. How to self-isolate properly

If you have the symptoms of Coronavirus, it is important to stay at home to stop coronavirus spreading.

You will need to either stay at home for 7 day (if you live alone) or 14 days (if you live with others and anyone if the house is ill).

If you are unsure how long to self-isolate for, please give us a message and we will let you know.

If you need to self-isolate follow the instructions of NHS UK:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

### 3. Getting food, medicine and other items delivered to you

If you need to get food, medicine or toiletries, the UK has many supermarkets who deliver online. You will need to create an account or 'register; first:

- Tesco - <https://www.tesco.com/groceries/>
- Sainsburys - <https://www.sainsburys.co.uk/shop/gb/groceries>
- Ocado - <https://www.ocado.com/webshop/startWebshop.do>
- Asda - <https://www.asda.com/>
- Morrisons - <https://groceries.morrisons.com/webshop/startWebshop.do>
- Co-op – Use Deliveroo - <https://deliveroo.co.uk/>



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You can also get cooked food or takeaway food delivered. The main takeaway food companies are:

- Just Eat - <https://www.just-eat.co.uk/>
- Deliveroo - <https://deliveroo.co.uk/>

#### **4. Accessing online learning at Celtic**

We will send you an email with instructions about how to keep learning with us online.

#### **5. Further help**

You are welcome to ring us on if you need any help whilst you are self-isolating.

We will call you to make sure you are OK.

If you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days call us.

We will help you to get medical advice by using the NHS 111 online coronavirus service at <https://111.nhs.uk/covid-19/>



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