

## Staying Safe

**We understand that we are all in a global pandemic and this is a difficult time. We have put together a guide to help you stay safe and keep positive.**

- Wash your hands with soap for 20 seconds. This is vital to stop the spread of the virus.
- If you have [symptoms](#), like a cough or fever, you have to self-isolate for 10 days.
- If you have symptoms you can check these on <https://111.nhs.uk/>
- If someone you live with has symptoms, or tests positive, you must self-isolate for 10 days.
- To find out how to self-isolate and what you must do, visit:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>
- You shouldn't go to your doctor or the hospital if you have a cough or a fever.
- Call Celtic if you are feeling unwell or if you are absent from class (face-to-face or online).
- If your symptoms get worse, you should phone 111
- If it is a medical emergency, then you should phone 999
- Stay in contact with people! If you live on your own, make sure that you know the telephone numbers of some of your friends. Create a WhatsApp group or use social media to stay connected.
- Keep checking our Facebook page – we'll try to keep you updated on there.
- Join our online or face-to-face classes – these will help you to continue improving your English, stay in contact with your teacher and other students from around the world.
- Drink water and stay hydrated.
- Exercise regularly – either at home, or by taking daily walks.
- There is enough food in the supermarkets so don't panic, but it is a good idea to be organised so you have enough food at home and don't need to go shopping every day.
- Get some paracetamol (unless your doctor has told you not to for other medical reasons) – you don't need lots of this, and don't panic buy, but it could be useful if you feel unwell.
- It's normal to feel worried (anxious) about these things and everyone can experience different emotions. There are many resources online, like the app called 'Headspace' to try to help you to relax.

The advice from the UK and Welsh Government can change regularly. We'll keep you updated on our [Website Covid-19 Statement](#) page and on our [Facebook](#) page and social media, so keep checking there regularly. You can also watch or read [BBC News](#).

We want to help you. If you need any more help or advice you can:

Send us an email: [info@celticenglish.co.uk](mailto:info@celticenglish.co.uk)

Phone reception: +44 2920 344 805 (Monday to Friday 8am – 4pm)

Phone or send a WhatsApp message or text to our emergency phone: +44 7803 495 154

Write to us on the website chat: [www.celticenglish.co.uk](http://www.celticenglish.co.uk)