

boston:college 

**‘Working with us, to make you safe’**

**Stay Alert to Stay Safe: Covid-19**



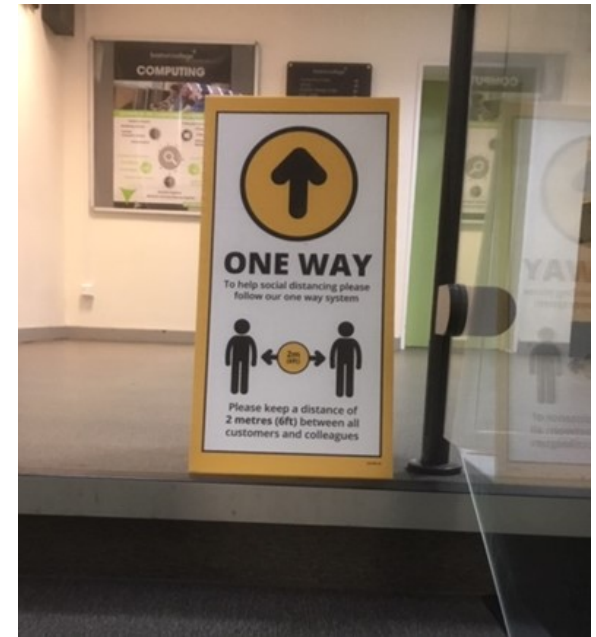
# 'Working with us, to make you safe'

- College Expectations
- Handwashing
- Good Respiratory Hygiene
- Social Distancing
- What to do if you or someone in your household is unwell?

# Expectations

- The COVID-19 pandemic means that we have some different expectations for our learners. These are in place to ensure that we can try and manage the risk of transmission.
- (Insert link to expectations)
- We expect that our learners will work with us, to help our whole community to stay as safe as possible. Everyone has a role to play

# What does College look like now?



# What are the differences?

- New Discipline Policy
- One-way system on some stairs
- Keep left in all corridors
- One in, one out in toilet
- Social Distancing rules
- Small class sizes
- No sharing of resources

# Handwashing



HM Government



## Coronavirus

**Wash your hands with soap and water more often for 20 seconds**

Use a tissue to turn off the tap.  
Dry hands thoroughly.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# HANDWASHING





## Respiratory and cough hygiene



- Cough or sneeze into a clean tissue, not into your hands.



- Dispose of the tissue immediately into the nearest waste bin.



- If you do not have a tissue, cough or sneeze into your upper sleeve.



- Always clean your hands after coughing or sneezing, either using soap and warm running water, alcohol handrub or hand wipes.

These steps will help prevent the spread of colds, flu and other respiratory infections

# Respiratory Hygiene

- ‘Catch it’ – with a clean tissue or into your elbow
- ‘Bin it’ – put the tissue in a bin immediately
- ‘Kill it’ – wash your hands after each time you cough or sneeze

# Social Distancing: BE SMART:

## STAY 2 METRES



## APART

“ The most important thing we can do is to stay alert, control the virus, and in doing so save lives” (Gov.uk).

# What to do if you or someone in your household is unwell?

If you or someone in your household has

- a high temperature and/or
- new continuous cough and/or
- a loss or change to your sense of taste or smell

Then **you must not** attend College. You must stay at home, isolate and get tested.

**You must tell** the College if you or your household are unwell, e-mail [absent@boston.ac.uk](mailto:absent@boston.ac.uk)

# How do I get tested?

- If you have symptoms go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119 if you do not have the internet.
- Any learner who has symptoms can get tested
- Once you have the result of the test **you must** tell the College.

# Once tested

- If it is **negative**, you can come back to College if you are well enough.
- If its **positive**, then you must not attend until the end of your isolation and your group will also have to go home and isolate and get tested if they have symptoms.

# What to do if you or someone in your household is unwell?

- If you live alone and have symptoms you must isolate for 7 days from when the symptoms started
- If you live in a household then the whole household must isolate themselves for 14 days from when the symptoms started
- Check the current guidance on [nhs.uk](https://www.nhs.uk)