Covid-19: Everything you need to know about identifying and reporting symptoms, and self-isolating as a student

It's really important that we all know how to identify symptoms of Covid-19, how to report them if we're experiencing them, and when and how to self-isolate. More information on all of this can be found below.

We all have a role to play in protecting our community and Covid-19 regulations and guidance should always be followed. By working together, we can maintain a healthy community.

Identifying and reporting symptoms

Do you have any of these symptoms?
A new, continuous cough?

Coughing a lot for 1 hr+, or 3 or more episodes in 24 hrs.
Loss of, or a change to, smell or taste?

Do things smell or taste different to normal?
If you answered yes to any of these questions, you must self-isolate, [book a Covid-19 test](#), and inform the University using the dedicated page on [duo (Banner Self Service)](#).
Living in College

If you live in College, and it is out of office hours, you must also inform your College duty porter by telephone.

Living out

If you live out, you must also inform those who live with you, or the management of your accommodation.

All of the above also applies if you do not have symptoms, but have received a positive test result.

Self-isolation - when and how

When to self-isolate

You must self-isolate immediately if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace
• you arrive in the UK from a country with a high coronavirus risk

How to self-isolate

You must not leave your home if you're self-isolating. This means you must not:

• attend campus or go to work if you have a part-time job — study from home if you can
• go on public transport or use taxis
• go out to get food and medicine — order it online or by phone, or ask someone to bring it to your home
• have visitors in your home, including friends and family — except for people providing essential care
• go out to exercise — exercise at home or in your garden, if you have one

If you live in College, contact your Student Support office by email or phone to find out about additional support.

Reporting unsafe behaviours

To report behaviour that concerns you, please email coronavirus.information@durham.ac.uk or call 0191 334 0000.

Useful links and contacts

Banner Self Service can be accessed via Durham University Online (duo).

Contact details for Student Support offices are available on our web pages.

Duty porter telephone numbers can be found on our web pages.

Further information and guidance on self-isolation is available on the NHS website.

Further information on how we’re managing Covid-19 and preparing for the return to campus can be read on our web pages.