



COVID 19, Student Testing and College Updates

Frequently Asked Questions

Is Carlisle College Open?

Carlisle College is open and delivering a normal campus experience as much as possible for all of our students. That means on-campus lessons, a full timetable and full access to all campus facilities.

Safety remains our highest priority and we're working hard to make sure that the college remains a safe place to learn. This means that there will continue to be some safety measures in place across college such as signs to 'Keep Left' and we remind everybody that wearing a face covering when moving around campus could help to protect yourself and others around you.

Students and colleagues **MUST NOT** attend campus if they test positive for Covid-19, or are required to self-isolate.

Do I need to wear a face covering?

When used correctly, wearing a face covering reduces the spread of coronavirus droplets, helping to protect the College community.

Government guidance released on 2 January 2022 recommends that face coverings are to be **worn by students within classrooms** unless you are exempt. **This means that you are now expected to wear a face covering at all times within College buildings, including in classrooms.**

If you are taking part in a sports lesson or physical activity and wearing a face covering would impact on your ability to take part, this rule does not apply. However, you must put your face covering back on once the activity is complete.

If you are exempt from wearing a face covering for any reason, **you must let your Tutor know.**

You will be expected to provide your own face coverings, please remember to bring them with you.

The advice on face coverings in classrooms will be in place until Wednesday 26 January when regulations are reviewed by the Government.

What does learning look like?

Carlisle College is open and delivering a normal campus experience as much as possible for all of our students. That means on-campus lessons, a full timetable and full access to all campus facilities.

Safety remains our highest priority and we're working hard to make sure that campus remains a safe place to learn. This means that there will continue to be some safety measures in place across campus such as signs to 'Keep Left' and we remind everybody that wearing a face covering in classrooms and across indoor areas of campus is required under government guidance.

We are also fully prepared in case any wider restrictions are reintroduced and you can find out what plans we have put in place to continue delivering teaching and learning here.

Students and colleagues **MUST NOT** attend campus if they test positive for Covid-19, or are required to self-isolate.

Should I take part in home testing?

All students and colleagues are asked to continue testing at home twice weekly.

All home test results should be reported to both Carlisle College and the NHS, even if your results are negative, using the links below. (We recommend bookmarking these links on your phone):

[Report to Carlisle College](#)

[Report to the NHS](#)

How do I report home testing?

All home test results should be reported to both Carlisle College and the NHS, even if your results are negative, using the links below. (We recommend bookmarking these links on your phone):

[Report to Carlisle College](#)

[Report to the NHS](#)

What if I test positive for Covid-19?

If you take a **Lateral Flow test** and your test result is positive, you will be required to report this to the [NHS](#) and to [Carlisle College](#). You should then follow guidance to self-isolate and you must not attend campus during this time. Please let your Personal Tutor know as soon as possible.

Temporary suspension of confirmatory PCR tests

From Tuesday 11 January in England, people who are asymptomatic and receive a positive Lateral Flow test result will be required to **self-isolate immediately** and **won't be required to take a confirmatory PCR test**.

This is a temporary measure while Covid-19 rates remain high across the UK. The advice is that the vast majority of people with a positive Lateral Flow result can be confident that they have Covid-19.

When you need to get a PCR test

If you develop one of the three main Covid-19 symptoms (high temperature, continuous cough, loss of smell or taste) you should stay at home, self-isolate and **take a PCR test**. You must self-isolate if you get a positive PCR test result, even if you have had a recent negative Lateral Flow test – these rules have not changed.

Self-Isolating Following a Positive Lateral Flow or PCR Test

You should self-isolate immediately following confirmation of a positive test for Covid-19, whether this is a Lateral Flow or PCR test.

From Monday 17 January, you will have the option to end your isolation period after **5 full days** if you test negative with a lateral flow device (LFD) test on both day 5 and day 6 and you do not have a temperature. For example, if you test negative on the morning of day 5 and the morning of day 6, you can return to college immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to NHS Test and Trace.

If the result of either of the tests is positive, you should continue to self-isolate until you get negative results from LFD tests on two consecutive days, OR until you have completed 10 full days of self-isolation, whichever is earliest.

If you are unable to take LFD tests or if you continue to have a temperature, you will need to complete the full 10-day period of self-isolation.

Further information on self-isolation following a positive Covid-19 result is available [here](#).

It is really important you do not attend campus if you are displaying any symptoms of Covid-19, or if you have received a positive Lateral Flow or PCR result.

What if I get symptoms of Covid-19?

If you develop symptoms of Covid-19, it is really important that you **DO NOT ATTEND** college. The main symptoms include a fever, a new and continuous cough, or a loss of taste and smell.

If you develop symptoms

If you develop one or more of the main symptoms of Covid-19 you should stay at home for the time [recommended by the NHS](#) and [book a test here](#).

You should not return to campus until you receive a negative test result or your isolation period has finished.

If you are already at college when you develop symptoms, you will be asked to go to an isolated room before going home to isolate and book a test.

You should inform the college of your test results as soon as you receive them.

What if I am told to self isolate?

You should always follow NHS guidance and self-isolate when told it is necessary, and undergo a test if required. Please report your absence using the absence line. If you have a test you should inform your Personal Tutor of your test results as soon as you receive them.

Self Isolation rules have changed and this means that in some cases, you may not need to isolate.

Please check the latest NHS guidance [here](#).

All adults who are fully vaccinated, and anyone aged 5 to 18 years and 6 months, identified as a contact of someone with Covid-19 – whether Omicron or not – should take a lateral flow device (LFD) test every day for 7 days instead of self-isolating. Once notified by NHS Test and Trace as a close contact, all eligible students should take an LFD each day for 7 days and report the results to the [NHS](#) and [Carlisle College](#).