



Advice for students arriving to the UK – how to stay safe and healthy

We know that this is a difficult time and many students are worried about staying safe when travelling to the UK. The health and safety of our students and staff is our number one priority.

We want to do everything we can to keep you safe, and have been working hard to help you by making a lot of changes. This might mean that things are a little unusual or strange for a while but we ask everyone to cooperate with both our own and government advice to help ensure you have as safe and as pleasant a trip to Brighton as possible.

Please make sure that you are aware of all the rules and regulations in place in the UK. The best place to check for information is from:

[The UK government](#)

[The National Health Service](#)

- On arriving in the UK, you should comply with border, immigration and self-isolation requirements .
- Wash or sanitise your hands regularly.
- Avoid touching your face, especially when outside of the house.
- Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing.
- When travelling if at all possible, avoid the busiest times and the busiest routes.
- Wear a face mask inside public transport and shops
- Keep your distance from other people whenever possible.



While in your Homestay Accommodation

When you arrive, your host will take time to tell you about everything you need to do to stay safe in the house.

You can also talk to them about any worries that you have.

If you Experience Symptoms of Coronavirus

- You must immediately self isolate. It is important to communicate with your host and your school that you are experiencing symptoms but DO NOT do this in person.
- Please stay in your room and call or email people to let them know how you are feeling.
- Please keep face to face interaction to an absolute minimum.
- Arrange to take a coronavirus test. This can be done by following this link – [Click Here](#)
- Avoid spreading the virus to other people within the household – [Click Here](#)
- While staying in the UK, follow UK government advice – [Click Here](#)