

Infectious Disease amongst Students: Quarantine Arrangements

From time to time students contract an infectious disease that requires them to be quarantined from other students to avoid the spread of the disease across the campus.

When it is possible for students to return to their own/parents' home without risking infecting others on the journey or vulnerable relatives, we usually advise them to do so. When this is not possible or advisable, we arrange for students to be put into quarantine for the period of their infectivity.

This document has been written for students who have contracted infectious diseases and provides useful information for those who may come into contact with them. It explains UEA's quarantine procedures and gives basic information about the most common infectious diseases.

It is worth noting in this procedure that whilst quarantine is no longer required common infectious respiratory disease (such as COVID-19) should be managed and good practices adopted by all students on campus.

Quarantine procedures for students in UEA Residences

How is the University informed?

If you are registered with the UEA Medical Service (UMS), UMS will contact Student Services to ask for this to be arranged. Where a student is registered at another GP Surgery a student should contact Student Services and provide confirmation of diagnosis from GP and consent for information to be shared as required at UEA. The email address for Student Services is residentiallife.managers@uea.ac.uk this will start the support process.

Should a student stay at University?

If you can return home to a local UK address, then this is advised. Where it is not possible for you to return home for the duration of your illness then you will be required to be quarantined.

Who arranges quarantine?

Student Services and the Accommodation Office will arrange quarantine.

A member of staff in Student Service will attempt to make contact with you as soon as possible, so please ensure that your mobile is switched on, and that you have given the number to the UMS. They may also follow up with email correspondence to your university email address if they are unable to contact you via phone.

Room

If you are in UEA Residences and in an en-suite room, Student Services will assess if you can stay where you are or need to be moved. If you are living in a standard room, Student Services will arrange with accommodation for you to be moved to an en-suite room for the duration of your illness (you will not be charged for this). Other than in a real emergency e.g. fire alarm, do not leave your room to summon assistance.

Feeling extremely unwell or need urgent support:

If at any point your symptoms worsen, or you feel particularly unwell. Please contact someone immediately to discuss your symptoms.

Residential Life Advisers	07795 591386
University Medical Centre	01603 251600
NHS Helpline	111
UEA Security	01603 592352

If you are seriously unwell, please call 999.

Catering

The Student Services team will discuss with you the catering and other practical arrangements for your quarantine.

If you are in quarantine and have no immediate food until delivery, please notify student services they may be able to source you some food for your next meal.

UEA Catering Services can deliver daily meal packs (normally vegetarian) if you wish. They will invoice you for these meals afterwards at the cost of the individual items in the pack. Student services will support you through this process but if you are happy to please email – hospitality@uea.ac.uk notifying them of your situation.

You may, however, prefer to ask your friends to organise the delivery of meals and other supplies for you. If this is your preference it is crucial to ensure that your friends do not enter your room but leave items outside your room for you to pick up after they have left the vicinity of your room. You may also organise food deliveries. We ask that you take extra precautions when collecting these supplies and take delivery to outside the door rather than into the flat or room

Cleaning and Rubbish collection

During your period of quarantine the cleaners will not clean your room. Cleaners will provide you with a rubbish bag for each day of your quarantine. Please use these for the disposal of used tissues and food refuse. You should tie the bags up and leave them outside your door for collection by 12 midday each day.

Medical Supplies

In the event you may need medication, we would encourage you to arrange collection of this by a friend or family. Guidance on how this can be done is found on the NHS website [here](#). Please note consent must be given to the GP or pharmacy before it can be given to someone else.

Contact Numbers

Student Services will give you contact numbers to phone if you need further supplies, help or advice. The Residential Life Advisers from Student Services will maintain regular contact with you, and inform the relevant Student Service Residents (SSRs) that you are in quarantine. Student Services will be able to contact your School for you if you have not done this yourself.

Wellbeing and Mental Health

For the duration of the quarantine, students should be encouraged to maintain regular contact with friends or family via online means. You can also access further [support from this link](#) here. Including our health assured plan for students and Student Services Wellbeing teams.

Evidence of Absence

You will need to ensure that you obtain a doctor's note to cover your absence. If you were not given one at the appointment where your diagnosis was confirmed this can be requested via the online certificate request form from www.umsuea.co.uk under the tab labelled '[reports and certificates](#)'.

If you are currently on placement, please notify your placement lead or line manager or course leader/director as quickly as possible of your situation.

Student health care workers

Student health care workers should always ensure they are up to date with their immunisations. If you have been in contact with anyone you know to have an infectious disease, for example, a flat mate, friend or family member, you should immediately contact UEA Occupational Health 01603 287035 to check with them that this contact does not place you at risk of passing on an infection to patients.

Emergencies

If there is a fire alarm life threatening emergency, you will need to:

- Leave the room
- make sure that you have suitable clothing readily available to keep warm and dry.
- Try to avoid touching handrails and door handles as much as possible and avoid close contact with others – the general guidance is to ensure that you try to keep at a distance of at least 6 feet or 2 metres.
- In case of fire try to make contact with the fire warden to let them know that you are in quarantine so that they can let you back into your room as a priority.
- If you have flu or any other illness spread by coughs and sneezes, you use a face covering before leaving the room. If you don't have a face mask, then cover your mouth and nose with a scarf, handkerchief or something similar.

End of quarantine

You need to make sure that you check with your doctor at the end of your quarantine period to confirm that it is safe to leave the room. You should also inform the Residential Life Advisers (residentiallife.managers@uea.ac.uk) as soon as you are out of quarantine.

If you are in alternative accommodation the Accommodation Office will also be in touch to arrange the departure from the alternative room.

Useful contact numbers

Student Information Zone	01603 597580
Residential Life Advisers	07795 591386
University Medical Centre	01603 251600
NHS Helpline	111
UEA Security	01603 592352

Quarantine procedures for students living in the local community

If you are a student living in shared accommodation off campus, it is vital that you limit contact with other people. You must:

- Stay in your own room and ask house or flat mates to provide you with food and drink by leaving them outside the room.
- You may well need to leave the room to go to the bathroom.
- Put on a face mask or cover mouth and nose with a scarf or handkerchief and clean hands with an alcohol-based hand wash before leaving the room.
- Wash hands thoroughly before leaving the bathroom and clean hands again with an alcohol wash after removing your mask when you return to your room.
- If you share a room, or there are other circumstances that make it very difficult for you to effectively isolate yourself you should contact Student Services who may be able to arrange for you to be quarantined on campus.

Reducing the risk - guidance

One of the most common ways to spread illnesses is through coughing or sneezing.

Use a clean tissue whenever you cough or sneeze, put it into a waste bin and wash your hands with soap and water or use an alcohol-based wash – even if you are on your own in your room.

Incubation periods for common illnesses

It is useful to know the **incubation period** (the period from infection to the development of symptoms) and the **period of infectivity** (the time when the person is likely to infect other susceptible people) for your illness. The information below is a brief guide to the incubation period of the most common infectious illnesses in the UK. For more detailed information, please consult a medical practitioner.

Please note if your illness isn't found below, please utilize information provided by your GP, the [NHS website](#) or call NHS 111

COVID – 19

Incubation period – 10 days from point of infection

For full and up to date information on the response to COVID-19 please [visit this link](#)

Monkey pox

Incubation period (the period from infection to the development of a rash) – 14 to 21 days.

Full details on monkey pox requirements can be [found here](#)

Chicken pox

Incubation period (the period from infection to the development of a rash) – 14 to 21 days.

Period of infectivity – 1 to 4 days before the rash develops and 5 days after.

Chicken pox is very infectious but it is very, very rare to get it twice. Anyone who has a past history of chicken pox is likely to be immune as is somebody who knows that they had very close contact with somebody with chicken pox in the past, even if they cannot recall having the disease.

Chicken pox vaccine is a routine immunisation in the USA, but in the UK is only given to health care workers.

German Measles (Rubella)

Incubation period – 13 to 21 days.

Period of infectivity – 1 week before the onset of the rash to 6 days after.

Rubella in adults can be quite nasty and is a particular risk to the unborn child in pregnant women. All female contacts in a case of rubella should check that they are immune to rubella.

Protection against rubella is obtained by 2 MMR vaccines and women of child bearing age can be checked by a blood test.

Influenza

Incubation period – 7 days maximum (2-4 average)

Period of infectivity – 1 day before the onset of symptoms and 7 days after

Measles

Incubation period – 6-19 days.

Period of infectivity – 3 days before the onset of the rash to 4 days after (NB very highly contagious in a non-immune population.).

Immunity is obtained by a past infection or by immunisation with 2 MMR vaccines.

Mumps

Incubation period – 15 to 25 days.

Period of infectivity – 10 days before the swelling and 5 days after.

Protection against mumps can be obtained by 2 MMR vaccines. A history of mumps is not a reliable indicator of immunity.

Pertussis (Whooping Cough)

Period of infectivity – 48 hours from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment.

Tuberculosis (TB)

Incubation period – weeks to many years.

Period of infectivity – TB is only infectious if the organisms responsible are being coughed up (sputum positive).

14 days of treatment effectively kills the organism and prevents further transmission. A comprehensive and systematic contact tracing system is in place carried out by the Health Protection Agency when an individual has infectious TB. TB is not very infectious and requires prolonged, close household type contact in order for the infection to be passed on from one person to another.

Dr Jamie Crawford
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Appendix 1

Advice to contacts

When a student has been confirmed as having an infectious disease any regular known contacts should be informed by the student of the current situation.

The general advice to contacts is:

- Do not enter the room of the student
- Do not share food
- Avoid intimate / close contact during the quarantine period with your close contacts
- Do not use the same bathroom (where possible).
- Where this is not possible ensure a good supply of antibacterial Gel is available
- Continue to attend teaching for your course
- If you are studying on a course which includes placements please speak to your course director and / or placement Lead for your course for advice