The following information provides advice and guidance to reduce your risk of catching and spreading COVID-19.

SYMPTOMS OF CORONAVIRUS (COVID-19)

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature), or;
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual), or;
- **loss of normal sense of smell and or taste**

If you (or anyone else in your household) have any symptoms, you must ALL stay at home. You should arrange a test for COVID-19 [here](#).

**Staying at home and self-isolation**

A COVID-19 Symptom Checker is available [here](#)

Advice on preventing the spread of COVID-19 can be found [here](#)

**WHAT YOU CAN AND CAN’T DO!**

Get the latest information on COVID-19 regulations and what they mean for you [here](#)
UNIVERSITY AND COLLEGE COVID-19 INFORMATION FOR STUDENTS

Queen’s University COVID-19 Information
https://www.qub.ac.uk/home/coronavirus-faqs/information-for-students/

Ulster University COVID-19 Information
https://www.ulster.ac.uk/coronavirus/students

St Mary’s University COVID-19 Information
https://www.stmarys-belfast.ac.uk/mission/covid19guidance.asp

Stranmillis University COVID-19 Information
https://www.stran.ac.uk/coronavirus-faqs/

Belfast Met COVID-19 Information
https://www.belfastmet.ac.uk/COVID19latestupdates/

Information on mental health and wellbeing aspects of coronavirus (COVID-19) https://covidwellbeingni.info/

USEFUL LINKS

- Public Health Agency - latest updates
- Public Health Agency - Information for public
- NI Direct Advice
- Gov.uk Guidance for the public
- Travel advice: Coronavirus (COVID-19)
- World Health Organisation

CLICK THE LINK BELOW, AND DOWNLOAD THE CONTACT TRACING APP TODAY!

DOWNLOAD THE APP NOW!

StopCOVID NI Mobile App

This app, from our health service, tells you automatically if you’ve been near someone who tests positive for COVID-19.