



Cardiff Met

Step into Christmas Safely

For most of us, Christmas is a time when we come together with others and for the most part slow down and relax. While this year is likely to look a little different, we hope you will look after yourself and those around you, just as you have done here in Cardiff this term.

Spending Christmas in a different household (or bubble)

Take a test before you leave campus

Take a test from December 01 while you are in Cardiff and self-isolate until you receive the results (you'll normally get these in around 48 hours).

Keep in mind what you'll need to do depending on your test result:

If your test is negative, you should travel home as soon as you can – and do everything possible to avoid coming into contact with anybody else until then – this is very important. If this is before the end of term on 11 December*, you'll need to let your Personal Tutor and programme team know you'd like to switch to online learning, before leaving – this will ensure you can continue your studies right up until the end of term.

If your test is positive, you will need to self-isolate where you are for 10 days and you must not travel until your self-isolation period has ended. We will help you get what you need including food and medicines (sorry, but we won't be able to do your Christmas shopping for you).

*** 14 days from the end of term is Christmas Day! If come into contact with somebody with the virus, you'll need to self-isolate for 14 days or until you receive a negative test.**

or if you become unwell...

If you decide to take a test after you leave university for the term, you can order a **free NHS test online.**

You'll need to **follow the guidance** and self-isolate until you get your results (you'll normally get these in around 48 hours).

If you decide to travel to where you will spend the Christmas break before the end of term, you'll need to let your personal tutor and programme team know you'd like to switch to online learning before leaving – this will ensure that you can continue your studies right up until the end of term.

If your test is negative, you stop self-isolation and enjoy Christmas in confidence that you have done all that you can to protect yourself and those around you.

If your test is positive, you will need to self-isolate where you are for 10 days from when you started showing symptoms.

If you come into contact with somebody with the virus, you'll need to self isolate for 14 days or until you receive a negative test.
*** 14 days from the end of term is Christmas Day!**