



# 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 my household (or bubble)

#### **It's business as usual!**

**If you are where you intend spending Christmas because you live in Cardiff or commute to university, keep doing what you're doing.**

Face-to-face teaching will continue until the end of term. Travel to and from university is allowed under local Welsh guidelines, and the English National Lockdown. Please make sure you always have your Cardiff Met ID with you in case you are stopped for any reason.

You should continue to follow local guidelines to help keep you and your family and friends safe. Friends will be home from universities from other parts of the UK and further afield and will have different experiences of the pandemic and how it's developing.

Remember to play your part and always follow local guidelines if socialising or meeting up with people –after all, you want to be passing the cranberry sauce around the Christmas dinner table, not anything else, right?

#### **or if you become unwell...**

If you begin showing symptoms during the Christmas period you should order a test. 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 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!***

