# Arcady Hall: COVID Information FAQs for residents

## Being Prepared for Covid-19

### What is the Hall's policy regarding Covid-19 vaccination?

Arcady Hall has introduced a COVID vaccination mandate, effective from 10 January 2022.  This means that all Arcady Hall students, staff, visitors, and contractors coming on-site must be fully vaccinated.  All visitors and contractors (whose vaccine passes have not already been verified), must report to Reception on arrival to have their vaccine passports checked.

Exemptions from these requirements will be considered only for those who have obtained a relevant Covid-19 vaccination exemption issued by the New Zealand government, or who produce a valid medical certificate issued by the Ministry of Health.

We will review this policy in 6 months' time or earlier if government policy changes.

### Do I need to get a Covid-19 booster vaccination?

Current evidence shows protection against infection after 2 doses slowly decreases over time. A booster dose will give you greater immunity against Covid-19, including Omicron.  A booster also helps reduce the chance of more serious infection, and it will be less likely that you need hospitalisation.  For these reasons we strongly encourage all residents to get a booster as soon as you are eligible – i.e. three months after you received your second dose.

### What should with me in preparation for Covid-19

Please make sure you have a good supply of face masks (surgical masks or double-layer cloth).  You should also bring with you a self-isolation kit including items such as surgical face masks, paracetamol/ibuferon tablets, throat lozenges, nasal spray, eucalyptus oil/Vick (for steam inhalation), ice/heat packs, thermometer, herbal tea, and cup-a soups.   Remember also to include things to keep you occupied e.g. novels, art and craft activities, jigsaw puzzles, music, Netflix subscription.

The Hall has 'emergency' medication supplies for students who need them, but these will be made available only on an 'as needed basis in exceptional circumstances we do not normally supply students with drugs/medication.  We also have oximeters and digital thermometers.

### What other precautions is the Hall taking to protect against Covid-19?

We have stringent infection control and daily cleaning regimes in place throughout the Hall.  Hand-sanitiser stations, disinfectant and cleaning products are provided for students' use in student accommodation and communal areas.

Communal areas are kept well-ventilated and physical distancing measures are being observed. This means that no more than 100 people may gather indoor communal areas at a time.  Students are divided into two groups of less than 100 for all meals (i.e. two sittings).

All Hall buildings have QR codes on the entry doors to facilitate contact tracing and we ask that students use the Covid-19 tracer app to keep a record of their movements whilst in Hall.

# Living in Hall

## How will Covid impact daily life in Hall?

As far as possible, the Hall will continue to operate as normal.  In order to maintain physical distancing, there will be two sittings for all meals; students will be divided into two dining 'bubbles'. Please check noticeboards to see which group you are in.  Some social activities and events may need to be adapted/rescheduled/cancelled depending on how the Covid-19 situation evolves and whether Ministry of Health guidelines for tertiary accommodation providers change.

## Do I need to wear a face mask in Hall?

On Move-in Day and for the next 48 hours students will be required to wear a face mask whilst in the communal areas of the Hall (Common room, Study Centre) and when entering/leaving the Dining Hall and collecting food from the servery.

Thereafter, assuming there are no positive cases of Covid-19 recorded within the UC student community, rooms are well-ventilated and physical distancing observed our current policy is that:

- We require all students to wear a face mask when entering/leaving the Dining Room and collecting their food from the servery (but not whilst eating and drinking) and when visiting the Reception Desk or meeting with a staff member.

- We encourage students to wear a face mask when spending time in the communal areas of the Hall, including the Common Room, Makerspace and Study Centre.

- Students are not required to wear masks when in their rooms or outside e.g. in the courtyard area.

# What if a student at Arcady Hall develops Covid?

## What are the symptoms of COVID?

Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath

Less common symptoms may include:

- diarrhoea
- headache
- muscle pain or body aches
- nausea
- vomiting
- malaise — a general feeling of discomfort, illness or unease
- chest pain

- abdominal pain
- joint pain
- confusion or irritability.

These symptoms do not necessarily mean you have COVID-19. The symptoms are like other illnesses that are much more common, such as colds and flu.  For more details see: https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19

For more advice, contact Healthline on 0800 358 5453 or your iwi health provider.

## What should I do if I feel unwell and suspect I may have Covid-19?

Go to your room and contact a Residential Assistant (RA) or a Hall Staff immediately let them know that you are feeling unwell.  Under current government settings, you will need to get a Covid-19 test as soon as possible and tell us places you have visited recently and details of known close contacts.  Hall staff will help you to book a test and, if necessary, transport you to a community-based testing centre.  You will be required to self-isolate in your room until your test result is known.

## What do I need to do if I test positive for Covid-19?

If you test positive for Covid-19, you will be required to self-isolate in Hall for at least 14 days and be symptom-free for 72 hours.   Whilst isolating, you will be allowed to spend some time outside in a designated area of the Hall grounds each day at specified times.   Whilst outside you must wear a face mask and maintain physical distancing.

## Who will look after me whilst I am self-isolating in Hall?

Arcady Hall staff will look after students with Covid whilst they are self-isolating in Hall.   Staff will deliver all meals to your room, collect your rubbish each day and do your laundry.   We will also undertake regular shopping trips e.g. to the supermarket, to fetch items for students who are self-isolating.

An RA or other staff member will visit you in person at least once a day to check how you are feeling and to make sure that you have everything you need.  IIn order to protect our staff from Covid-19, we ask that you clean your own room, assuming you are well enough to do so.  We will provide you with the necessary cleaning materials.

Most otherwise healthy people experience only mild symptoms with the now dominant, omicron variant of Covid-19.  However, if you begin to feel very unwell, we will seek medical advice from the UC Health Centre and, if necessary, arrange for you to be seen by a doctor and/or be admitted to hospital.

## What do I need to do if I discover that I am a 'close contact' of someone who has tested positive for Covid?

Under current Ministry of Health Guidelines for tertiary accommodation providers, if you are deemed to be a close contact of a Covid-case, you will be required to self-isolate in Hall for a minimum of 10 days from the date of last contact and have a Covid-test on day five and day eight.

Please note that these isolation requests for close contacts will change when we move into Phase 2. We will keep this FAQ page up to date.

Arcady Hall staff will look after you whilst you are self-isolating in Hall.  Staff will deliver all meals to your room, collect your rubbish each day and do your laundry.  We will also undertake regular shopping trips e.g. to the supermarket, to fetch items for students who are self-isolating.

An RA or other staff member will visit you in person at least once a day to check how you are feeling and to make sure that you have everything you need.  In order to protect our staff from Covid-19, we ask that you clean your own room, assuming you are well enough to do so.  We will provide you with necessary cleaning materials.

### If I need to self-isolate, can I go home, rather than stay in Hall?

Under current Ministry of Health Guidelines, students who test positive for Covid-19, or are deemed to be a 'close contact' of someone who has tested positive for Covid-19, may go home providing they are able to travel safely i.e. by private transport and can self-isolate at home.  Most UC courses are being delivered online this year so you will be able to continue studying from home whilst self-isolating.

### Will the Hall refund my accommodation fees if I decide to go home for Covid-19 related reasons?

Assuming that the Hall is open and operating normally, students who choose to go home to self-isolate will not be eligible for a fee refund for the period they are absent.

If you go home and are subsequently unable to return to Hall for a prolonged period during term time e.g. due to prolonged Covid symptoms, or the introduction of new travel restrictions, you may apply in writing to the Principal, for a fee refund.  The Arcady Hall Board will consider requests all such requests on a case-by-case basis in accordance with existing policies regarding prolonged absence due to sickness or other personal circumstances.