

University Students

**Assess your risk:  
Get home safely  
this festive break**



Llywodraeth Cymru  
Welsh Government

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DIOGELU CYMRU  
KEEP WALES SAFE

# Assess your potential risk

This risk tool will let you assess your potential risk of getting COVID-19 in the next few weeks and help you plan for the end of term. The choices that you, your housemates and your friends make now about what to do over the next few weeks will affect whether you pick up and pass on COVID-19 to loved ones at home.



## Why is this important to you?

You are in control of what you do. If you want to go home and enjoy your time away from university, you need to plan now to make sure COVID-19 does not ruin your plans or put your family and friends at risk.

## The Facts – COVID-19 is tricky:

- It can live (incubate) within your body for up to two weeks before you become infectious or develop symptoms, so illness today may be because you caught the virus up to two weeks ago.
- You are contagious for two days before you have symptoms, so you can spread COVID-19 to anyone who is close to you, even when you are feeling fit and well.
- Testing only tells us about the moment you were tested. A negative test does not mean you have not been exposed to COVID-19 recently, and is not a guarantee you won't go on to become infectious and develop symptoms in the near future.
- COVID-19 spreads quickly within households.
- As a student, you are at increased risk of being exposed to COVID-19.
- As a student you are less likely to become unwell from COVID-19, you may not even get symptoms.
- However, you still have a significant risk of developing "long Covid" afterwards.
- Older people are more at risk of being very unwell due to COVID-19, so you may be fine, but pass on a risk of serious illness when you go home.

[Continue](#)

# What can you do?

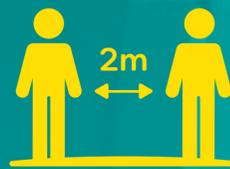
The good news is there are a number of things you can do in the run up to the festive break which will ensure you can leave university without any complications and also reduce any risk to your family and friends.

1

Firstly there are a few very easy and simple ways in all situations to reduce the spread of COVID-19, which are effective in protecting you and those around:



Wash your hands regularly



Keep your distance (two metres) from people outside your household



Wear a face covering where appropriate or whenever two metre social distancing cannot be maintained



Catch your cough in a tissue and put it in the bin



2

Secondly, you can assess your potential risk of picking up the COVID-19 virus by clicking to the next page.

[Continue](#)

# What's the risk?

If you're thinking about taking part in any of the below activities, **click a button** to assess the risks involved.

Socialising  
between now and  
the end of term.

Recreational  
Activities.

Everyday  
essential activities.

# Socialising between now and the end of term

If you're thinking about taking part in any of the below activities, **click a button** to assess the risks involved.

Socialise in my own house/flat with my housemates/flatmates or hall of residence "kitchen bubble"(known as the "people I live with").

Celebrate the end of term only with "the people I live with" inside our own accommodation.

Cook and eat in my home with the "people I live with".

Go out to eat with "people I live with".

Meet up with other friends outside of my accommodation for food and drinks.

Go to a pub or club to consume alcohol only with the "people I live with".

Go to other peoples' houses to socialise or to eat.

Go to pubs or clubs to consume alcohol with friends that I don't live with.

Throw or attend any house parties.

Have anyone to stay overnight in my house / flat (including boyfriends, girlfriends or other friends).

Stay overnight in someone else's house/flat.

Your housemates plan to have people to stay overnight in your house/flat.

Your housemates undertake activities which are flagged as red or purple.

# Recreational activities

If you're thinking about taking part in any of the below activities, **click a button** to assess the risks involved.

Exercise outdoors alone or with the people I live with.

Non-essential shopping alone or with the people I live with.

Play an outdoor non-contact sport such as tennis, golf or cricket.

Use an outdoor gym or take part in outdoor group exercise.

Play indoor non-contact sport such as squash or badminton.

Use an indoor gym or taking part in indoor group exercise.

Play a contact sport such as rugby or football.

# Everyday essential activities

If you're thinking about taking part in any of the below activities, **click a button** to assess the risks involved.

Be in work

Be in work if you are a health or social care student or worker.

Visit your university campus for educational purposes.

Travel by public transport.

Essential food shopping.

Share a car with the people you live with.

Share a car with people outside your household.

Socialise in my own house/flat with my housemates/  
flatmates or hall of residence “kitchen bubble”  
(known as the “people I live with”).



### **Risk Level: Green**

By socialising only with the people, you live with within your accommodation “bubble” you are significantly reducing your risk of being exposed to COVID-19.

### **Advice and information:**

Understand how Welsh Government define a [student household](#).

Celebrate the end of term only with “the people I live with” inside our own accommodation.



**Risk Level: Green**

By only celebrating with the people you live with, you are reducing your risk of being exposed to COVID-19 significantly.

Assess another activity

## Cook and eat in my home with the “people I live with”.



### **Risk Level: Green**

Cooking and eating within your home, with only those you live with is low risk, but be sure to make sure your surfaces and appliances are clean and do not share food, drinks or cutlery with each other.

## Go out to eat with “people I live with”.



### **Risk Level: Green**

Eating out with your housemates / flatmates or “kitchen bubble” is low risk as long as you follow the Welsh Government advice on staying COVID safe.

### **Advice and information:**

This is a low risk activity but there is [guidance](#) available if you want to know more.

## Meet up with other friends outside of my accommodation for food and drinks.



### Risk Level: Yellow

The rules are, you can only meet up with a maximum of 4 different friends outside your accommodation for food and drinks. These environments are COVID secure if you strictly follow premises rules. However, the more people you meet, the more your risk of exposure to COVID-19 increases unless you strictly obey the rules of social distancing.

It is better to see the same one or two people regularly than to see lots of different people occasionally.

### Advice and information:

Welsh Government advises It is better to see the same one or two people regularly than to see lots of different people occasionally.

Go to a pub or club to consume alcohol only with the “people I live with”.



### Risk Level: Amber

By going to these venues as a household group you are reducing your risk of COVID-19, But these are higher risk environments because of 1) potentially a risk of crowding if rules not obeyed 2) alcohol impairs decision making skills, so staying COVID safe is harder and despite your best intentions, you may inadvertently put yourself at higher risk of acquiring COVID-19. Follow the COVID-19 venue rules at all times. Remember, if just one of you breaches the rules around social distancing, the whole household will be exposed to that higher risk.

### Advice and information:

Hospitality premises are regulated premises and must take reasonable steps to minimise the risk of exposure to the virus. Customers need to be aware of requirements if they wish to visit these premises.

Assess  
another  
activity

Go to other peoples' houses to socialise or to eat.



### Risk Level: Red

Meeting up with friends inside each other's accommodation is high risk and will increase your chances of being exposed to COVID-19 significantly because you are socialising with more people in a domestic environment where COVID-19 spreads extremely easily.

### Advice and information:

The majority of people acquire COVID-19 from their family and friends in social networks, especially in informal gatherings. The guidance is clear you should NOT have anyone within your house who does not live there.

## Go to pubs or clubs to consume alcohol with friends that I don't live with.



### Risk Level: Red

You are allowed to meet up with up to four different friends outside your household in a pub or club. As a student, this poses a significant risk to you and your family if you don't follow the COVID-secure rules in these venues because:

1. you are likely to socialise closely with these friends, so increase the pool of people who could infect you.
2. potentially a risk of crowding if rules not obeyed.
3. alcohol impairs decision making skills, so staying COVID safe is harder and despite your best intentions, you may inadvertently put yourself at higher risk of acquiring COVID-19. However, this is safer than attending a house party, and if you obey the venue rules and socially distance at all times, you can reduce this risk rating from red to amber.

### Advice and information:

Hospitality premises are regulated premises and must take reasonable steps to minimise the risk of exposure to the virus. Customers need to be aware of requirements if they wish to visit these premises

Assess  
another  
activity

## Throw or attend any house parties.



### Risk Level: Purple

House parties mean you will be around a high number of people, in a small space in an environment with no COVID-19 safe measures. This type of socialising is high risk for picking up COVID-19. Many students don't have symptoms, so you have no idea who is infected.

They pass on the virus easily to large numbers in such parties. In fact, these are potential COVID-19 super-spreading events.

**YOU HAVE A SERIOUS RISK OF GETTING COVID-19 IF YOU ATTEND HOUSE PARTIES OR HOST ONE YOURSELF.**

### Advice and information:

The guidance is clear you should NOT have anyone within your house who does not live there. The police will actively close down any house parties they are alerted to and may take action on those present.

Assess  
another  
activity

Have anyone to stay overnight in my house/flat (including boyfriends, girlfriends or other friends).



### Risk Level: Red

Having people to stay overnight within your flat or house is high risk. You or they may be infected without knowing and pass it onto each other. COVID-19 spreads rapidly within households. Having a boyfriend or girlfriend to stay brings the combined risk of their own household into your accommodation, not just the risk of one additional person.

### Advice and information:

The Welsh Government [guidance](#) is clear you should NOT have anyone within your house who does not live there.

## Stay overnight in someone else's house/flat.



### Risk Level: Red

Staying over in another house or flat is high risk for you and the people you are staying with. You or they may be infected without knowing and pass it onto each other. COVID-19 spreads rapidly within households.

You will be exposed to the combined risk of the new household, not just the person you are staying with, and you might give them all COVID-19.

### Advice and information:

The guidance is clear you should NOT have anyone within your house who does not live there.

Your housemates plan to have people to stay overnight in your house/flat.



### Risk Level: Red

Even if these are not your guests, we know that anyone staying in a shared household like this puts the whole household at the same higher risk of COVID-19 infection

### Advice and information:

The guidance is clear you should NOT have anyone within your house who does not live there.

Your housemates undertake activities which are flagged as red or purple.



### Risk Level: Red

If, unfortunately, any of your housemates tick choices that are flagged as high risk, you will automatically be at the same risk as them, even if your own choices are low risk.

Read on for some suggestions about how you can reduce your own risk in these circumstances.

Assess another activity

## Exercise outdoors alone or with the people I live with.



### Risk Level: Green

Taking exercise outdoors with the people you live with is very low risk. Enjoy walks, runs and bike rides together knowing your choices are keeping you fit and healthy.

### Advice and information:

Anyone can take part in sport or exercise and there is no longer a limit on the amount of exercise you can do alone or with your household.

## Non-essential shopping alone or with the people I live with.



### Risk Level: Green

Shopping alone or with the people you live with is low risk as long as you follow the COVID advice and wear a face covering, maintain social distance and wash your hands regularly. As we get closer to the festive season shops are likely to get busier so be aware of others.

### Advice and information:

All shops can open, as long as they comply with measures to minimise your risk of exposure to and prevent the spread of coronavirus. Familiarise yourself with [COVID safe shopping guidelines](#).

Play an outdoor non-contact sport such as tennis, golf or cricket.



### Risk Level: Green

Any form of exercise is good for us and by taking part in a non-contact sport outdoors you are enjoying sport in an extremely COVID safe way.

### Advice and information:

All sport and leisure facilities are now allowed to be open. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing, familiarise yourself with this [advice](#).

Use an outdoor gym or take part in outdoor group exercise.



### Risk Level: Green

Outdoor gyms or outdoor group exercise is a good way to keep healthy and is low risk as long as you keep your distance from others.

**DO NOT HUG EACH OTHER AT THE END!**

### Advice and information:

Remember to always keep your distance and wipe down equipment before use.

Play indoor non-contact sport such as squash or badminton.



### Risk Level: Amber

Indoor exercise has an increased risk as it requires enhanced cleaning and exertion potentially enables viruses to spread further, however, playing a sport that incorporates social distancing makes this more COVID-safe. It is not as safe as outdoor, non-contact exercise.

### Advice and information:

All sport and leisure facilities are now allowed to be open. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing, familiarise yourself with this [advice](#).

Use an indoor gym or take part in indoor group exercise.



### Risk Level: Amber

Indoor gyms require constant and enhanced cleaning. There is also a risk of being in close contact with people outside your household. Make sure you follow all the advice about using gyms safely and ensure you keep 2 metres distance from others at all times.

### Advice and information:

All sport and leisure facilities are now allowed to be open. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing, familiarise yourself with this [advice](#).

## Play a contact sport such as rugby or football etc.



### Risk Level: Red

Contact sports like rugby or football are high-risk for picking up and passing on COVID-19. In addition any team increases the pool of people you are exposed to. Any close contact with people outside your household can increase your risk of catching COVID-19.

### Advice and information:

All sport and leisure facilities are now allowed to be open. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing, familiarise yourself with this [advice](#).

## Be in work.



### Risk Level: Green

Being in work should be safe. Your employer has a responsibility to make sure you are safe in work and you have a responsibility to follow their rules.

If you do so (remembering to socially distance or wear appropriate PPE at all times, including meal breaks or in meetings etc) work is a low risk activity.

### Advice and information:

This guidance applies to everyone who is required by the Coronavirus Regulations to take all reasonable measures to minimise the risk of exposure to coronavirus. Most obviously it applies to employers and any situation where work is carried out.

## Be in work if you are a health or social care student or worker.



### Risk Level: Yellow

If you are directly providing health and social care as part of your placement or job, you will be at a higher risk of being exposed to COVID-19 than those working in other areas.

Correctly following PPE guidelines, avoiding car sharing to work with those outside your household and making sure you strictly social distance in meal and other breaks and handovers (or wear the correct PPE if not) will ensure your risk is small and you can lower this risk rating to green. Most students in this category who pick up COVID-19 do so because of their outside work activities as a student, not because of their work.

### Advice and information:

[Support, guidance and policies](#) for staff working in or wanting to join the NHS and social care during the coronavirus pandemic.

Assess  
another  
activity

## Visit your university campus for educational purposes.



### Risk Level: Green

The university campus has a number of COVID-19 measures in place to keep you safe. Following the university procedures makes attending campus a low risk activity.

### Advice and information:

Universities will continue to provide a combination of in person teaching and blended learning, Welsh Government has [advice for university students](#).

## Travel by public transport.



### Risk Level: Green

If you need to travel by public transport it is usually safe to do so as long as you follow the COVID rules and you can socially distance on board. Taking public transport safely will keep your risk of COVID low.

### Advice and information:

Make a travel plan; identify the safest way travel. There is advice on how to travel safely by [Bus](#) and [Train](#). Welsh Government has also published information for [safe travel](#).

## Essential food shopping.



### Risk Level: Green

Food shopping is low risk, as long as you follow the guidelines set out in the store, disinfect your hands, wear a face covering and socially distance.

### Advice and information:

All shops can open, if they can comply with measures to minimise the risk of exposure to and prevent the spread of coronavirus in Welsh law. Familiarise yourself with [COVID safe shopping guidelines](#).

## Share a car with the people you live with.



### Risk Level: Green

Sharing a car with the people you live with is relatively safe, but just bear in mind your proximity to each other is much closer than in the house so this does have an element of risk if you normally don't socialise in your home together. You should wear a face covering to lower your risk further.

### Advice and information:

If car sharing is essential have a look at this advice about [car sharing with other students](#) but make sure you are wearing a mask at all times.

## Share a car with people outside your household.



### Risk Level: Red

This is high risk. Social car sharing potentially increases your risk of being exposed to COVID-19 significantly.

### Advice and information:

Car sharing can be a high risk activity as you are so close to each other, learn more about the risks of [car sharing with other students](#).

# Further Information

## What do I do if my choices are all low risk but my housemates' choices/actions are not?

- Talk to your housemates and share this tool with them.
- Take extra steps to minimise your risk. Read the What I can do at Home section. You can make sure your risk continues to remain low.
- Reduce contact with the people you live with for two weeks to minimise the risk of being exposed to COVID-19.

## Your Family Risk

It is important you understand how vulnerable your family is to COVID-19 – Welsh Government have developed [All Wales COVID-19 Risk Assessment Tool](#) for workplaces, but you can use this to understand if there is anyone in your home who is considered high risk to COVID-19.

If you identify a loved one is at higher risk be confident that by making some changes to how you act now will help to keep them safe over the break.

## I have identified someone at home who is high risk – what do I do?

The single best thing you can do to protect the ones you love at home, especially if you have identified they are high risk to COVID-19 is to isolate before your return home.

The **Green** choices listed are all very low risk but to ensure you are not taking home even the slightest risk, self-isolating as much as possible before you head home is the most effective way of reducing your risk of COVID.

# Further Information

## What else can I do?

- COVID spreads quickly within households, by acting together and supporting each other you can ensure you all get home for the festive break. Try agreeing to a Winter break Covid Commitment.

As a household agree to stick to the **Green** socialising options including in this tool.

Commit to not hosting any gathering within your house/flat, even in small numbers there is still a risk much greater than socialising in venues with COVID-19 measures in place.

Agree to avoid all the high risk **Red** and **Purple** scenarios for the rest of the term.

Plan together how you can enjoy the end of term celebrations as a household.

- If your university issues guidance on lectures or staggered departures then follow this advice.
- If you are leaving Wales, familiarise yourself with the local COVID-19 restrictions which apply to your family home.
- Make a travel plan; identify the safest way to return home. Remember there is advice on how to travel safely by bus, train or car sharing with other students but make sure you are wearing a face covering at all times. If someone from your home (such as parents) can pick you up, that is a good option too.

## And remember...

If you develop any COVID-19 symptoms (new persistent cough, high temperature, loss or change of taste or smell), stay isolated at home and arrange a test straight away or by calling 119

If you test positive or develop symptoms before you are due to leave university make sure you isolate and do not return home until it is safe to do so. Make a plan now for the possibility of self-isolation for two weeks following a positive test.

# What can I do at home?

Whilst you are home for the break there are a number of things you can do which will protect you and your family from COVID-19 and help you enjoy the festivities together safely.

## Socialising

- Remember, all students and young people are more likely to have been exposed to COVID-19 so all your old school friends who are returning for the festive break are in the same boat as you in posing a significant COVID-19 risk. Be cautious about meeting up with them, especially indoors or in large outdoor groups – use the risk assessment tool to quantify risks of meeting up.
- Avoid having your friends coming into contact with other members of your family, particularly if members of your family are at high risk from COVID-19.
- Strictly avoid large social gatherings or house parties whilst at home, these type of events increase your risk of COVID-19 and potentially expose your family as well.
- Arrange alternative gatherings with your friends this holiday such as a festive Zoom catch up or Virtual Quiz night.
- Make sure you understand and are following the COVID-19 restrictions that apply to your family home, if you are allowed to meet up with friends or family outside your household ensure you always maintain social distance.

# What can I do at home?

## Being at Home

- Regularly clean down all surfaces and touch points in the house with anti-bacterial cleaner or hot soapy water.
- If you can use a separate bathroom to your family household do so, if this is not possible make sure everyone in the family cleans down the toilet and bathroom after each use.
- Avoid sharing household items with other family members, such as blankets and towels unless they have been cleaned thoroughly between uses.
- Avoid sharing food, drinks, cutlery or napkins.
- If you can (we know it will be difficult!), avoid hugging and kissing your family members during the first two weeks of your return home and be particularly cautious around any family member who is at high risk of serious illness if they get COVID-19 (see “your family risk” section above).
- Enjoy your time at home with your family but where possible maintain distance within the house.
- Take regular exercise outside as a family – this is a healthy habit to adopt and is a great way to spend time together.
- Check out and follow the COVID-19 rules as set out by the government for your local area whilst at home, this may differ to the advice in Wales.

## And lastly...

Remember this is just one holiday. By planning ahead and making a few small changes to how you behave this festive period you can still enjoy this most wonderful time of the year, knowing you are doing everything you can to keep your loved ones safe.