

255122Coronavirus (COVID-19) advice to Jewish Societies and Students

It is important that University Jewish Societies, together with the Union of Jewish Students, do what we can to mitigate the impact of the outbreak of this virus and ensure our own wellbeing, as well as the wellbeing of those around us.

FOLLOWING THE LATEST GOVERNMENT ADVICE, UJS ADVISES THAT ALL GATHERINGS, LARGE OR SMALL BE CANCELLED. ALL UNNECESSARY SOCIAL INTERACTION SHOULD BE AVOIDED, AND ALL UNNECESSARY TRAVEL, ESPECIALLY IN LONDON AS WELL AS ACROSS THE UK SHOULD BE MINIMISED.

Following guidance from Government, and the precedent set by The Chief Rabbi, Large Progressive synagogues, JW3 and others - Friday Night Dinners, Shabbat and Festival prayers, daily Minyanim, Communal Seders and other celebratory activity should not take place in person and should be moved online where possible.

As the situation develops, UJS will issue further guidance if necessary. In the meantime, please read and follow the guidance outlined below.

UJS Events, Activities and Programmes

UJS will continue providing enriching and engaging content and programming for the 8,500 Jewish students across the country. Much of this will move to digital spaces and we will reach out to include students as a peer-led organisation. We are excited to continue to bring speakers, discussions, cooking, and celebration to our exceptional members, from our incredible team. WATCH THIS SPACE!

Stay at home if you have Coronavirus symptoms

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If your symptoms do not get better after 7 days, your condition worsens, or you feel you cannot cope, call 111.

More information about recognising, coping with and avoiding Coronavirus COVID-19 can be found here

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you need any support contact local services or UJS on 02074243288 and we will offer support where appropriate or possible.

Hygiene

- If handling or preparing food ensure proper food hygiene standards are followed.
- Following NHS guidelines, individuals are encouraged to wash their hands regularly using warm water and soap.

Original guidance issued 5 March 2020.

Updated 13 March 2020

Updated 17 March 2020

Further updates may follow.

UJS, Office 1, 353 – 359 Finchley Road, London, NW3 6ET

E info@ujs.org.uk T 020 7424 3288 W www.ujs.org.uk

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