

Dear student,

I hope this email finds you well. If you are still taking assessments I hope they are going well! Do remember to look after yourself during the assessment period – there are resources to help you [study well](#), to [look after your wellbeing](#) and plenty of quiet [places to study](#) available on our campuses. If you have any concerns, do reach out for help: your first port of call is your Advisor, and you can also contact the [Student Enquiry Centre](#), our [student support services](#), or you can always contact me at the address below.

### **Everyone should be back on our campuses for the start of Semester 2!**

If you haven't yet travelled to join us, please make sure you are back with us before the beginning of Semester 2. All your face-to-face educational activities will be available, alongside all the extracurricular and social activities on offer, so do come and enjoy them! Alongside the [January Welcome Fair](#), which is open to all new and returning students, there is a vibrant calendar of [social](#) and [sporting](#) activities to get involved with, run by our Students' Union and the University. Do please get involved, it is also a great way to meet new friends!

### **Covid restrictions easing next week**

You will have seen in the media that the Government's Covid restrictions are being eased. Face coverings are no longer required in any lecture theatre, or when you are sitting down to work or study, from 20 January. From 27 January, you will no longer be required by Government to wear a face covering anywhere in England, including anywhere on our campuses. Please be aware, however, that you will still need to wear a face covering when using [public transport in London](#).

The easing of restrictions is great news, and hopefully signals the end of any kind of restrictions related to the pandemic in the future.

### **Lateral Flow Tests and vaccinations**

You should still be taking a lateral flow tests at least twice a week, to help minimise the spread of the virus within our communities. You can [pick up home test kits from our campuses](#). Please remember to [register the results of your tests](#) with the NHS. This is important, even if the test result is negative. The [Government guidance](#) states if you are a close contact of someone with Covid-19, and you are fully vaccinated, you should take daily lateral flow tests for 7 days but you do not need to self-isolate.

Being fully vaccinated is critical: everyone should now have been offered a booster jab. If you haven't had yours, [please get one as soon as possible](#). We are still hosting a [vaccination centre on our Mile End campus](#), which you can [book to attend](#) or drop in.

### **Change to self-isolation guidance for anyone testing positive for Covid-19**

Unfortunately, you still need to self-isolate if you test positive for Covid-19. You can end your self-isolation period on or after day 6 if you no longer have symptoms, and have negative lateral flow test results on two consecutive days. You can read more about the rules of self-isolation [here](#).

I'll contact you again when there is a further update to share, and I look forward to seeing you all on our campuses soon.

Best wishes,

Colin

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