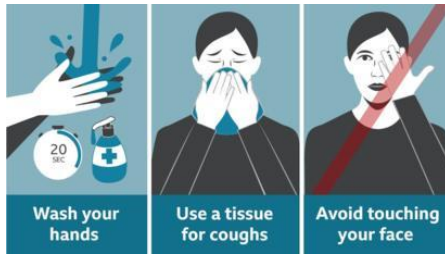


DO NOT go
and see your
friends
DO use Skype
or Facetime



**Enjoy the sun
from your garden.
DO NOT use
public gathering
spaces.**



Try and keep to a
schedule, to
maintain normality

Stay Safe, Stay Healthy

For advice on how
to stay safe visit:
<https://www.gov.uk/coronavirus>

Keep up to
date with the
college: <https://www.hsdac.ac.uk/coronavirus-update/>

If you think you have
symptoms check:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>



**ONLY leave when
essential.**

If you have to leave
**keep your
distance.**
2 metres between
people.



Use your 1 hour of
exercise:
**Run, Cycle, Walk
DO NOT exercise
with people outside
your household**



If you are concerned about your or
another student's welfare contact :
safeguarding@alton.hsdac.ac.uk
safeguarding@hsdc.ac.uk

A Message from the Presidents of all HSDC SUs

Hi everyone! We hope you all are doing well and staying safe during this unexpected and hard time. We know that it can be really boring at home and sometimes it is very tempting to go out, meet some friends or your partners, however, you must understand that following these guidelines set by the government are very important towards eradicating the virus.

We hope that you stay physically and mentally healthy. Mental health can be affected so we urge you to be optimistic and patient because eventually everything will fall back to normal. The sooner we beat this virus, the sooner we can all finally go out! We are still here to deal with any queries you may have.

Stay Safe, Stay Indoors. HSDC SU Presidents.