Introduction

The guidelines below are subject to change in accordance with government rules and advice. We will update this document when required and will keep you informed of any changes via email and other appropriate communications channels.

Accommodation and households

What constitutes a household?

In a College context, a household is defined as those people with whom you share a bathroom, kitchen or toilet facilities.

Do I have to social distance/wear a face mask within my household?

You are not required to wear a face mask in your household but we do encourage all students to maintain social distancing, wash their hands regularly, clean surfaces after use and take other sensible precautions to limit the spread of COVID-19.

In addition, it’s important to remember that on occasion, you will have to pass through other households in order to move around College. Wearing a face mask in all corridors is a courtesy and good practice.

Do I have to clean my own room and shared facilities?

- Students are expected to clean their own rooms and en suite bathrooms in order to minimise risk to both students and staff. En suite bathrooms will be inspected in the middle of the Term (advance notice will be given).
- Kitchens and other shared facilities will be cleaned on an occupancy basis:
  - Where there are one or two students in a household, housekeeping staff will clean once a week;
  - where there are three in a household, cleaning will take place twice a week;
  - where there are four to five students in a household, cleaning will take place three times a week;
  - and where there are six to eight students in a household, cleaning will take place daily.
- Hand contact areas in College will be cleaned three times a day, seven days a week.
- All communal and shared spaces in the Colleges houses will be cleaned five days a week.
Public spaces in College

Do I have to social distance/wear a face mask around College?

When moving around the public spaces in College, please wear a face mask unless you are exempt from doing so. Public spaces include: the Porters’ Lodge, the Dome, corridors (including those in household areas) and walkways.

You do not have to wear a face mask in the College gardens or in the marquees but please remember to maintain social distancing at all times.

Is hand sanitiser available in College?

You are encouraged to use hand sanitiser, and there are contactless sanitiser dispensers at the entrances to main buildings. However, hand sanitiser is not a replacement for thorough and regular handwashing.

Can I move around College freely?

You may move around College freely but please follow the routes and movement advice signposted around College.

What communal spaces can I use in College?

- Meeting up with friends from other households within College
  You are welcome to socialise with friends from other households in the College gardens and in the marquees – up to a maximum of six people. You must continue to adhere to social distancing guidelines when meeting up with friends outside.

  Unfortunately, government regulations mean that you cannot meet with friends from other College households in the bar, the Dome, the JCR or the MCR. You can also not meet with friends from other College households in your household areas.

- Socialising with members of your College household
  You can continue to socialise with your housemates in your household areas. You can also continue to meet them in the marquees and the College gardens.

Is the MCR open?

In order to comply with government regulations, the MCR will be closed until further notice.

I am a Murray Edwards student but I live in private accommodation, can I still visit College?

Students living in private accommodation are welcome to visit the College in order to:

- Make use of the gardens and the marquees
- Make use of library services – for example, using the library space for study, by appointment
- Pick up a take-away meal from the Dome
- Collect post
University card

Do I have to keep my University card on me at all times?

Yes. All students should carry their University card with them at all times. Your card does not need to be on display (i.e. you do not need to wear it on a lanyard) but you should be prepared to show it on request when entering College(s), Faculties, Departments, Libraries or other University buildings.

Catering

Is the Dome open?

The Dome will continue to offer a takeaway service. Please visit the College website for more information.

College Library

Is the College Library open?

For information about using the College Library, please visit the Library pages on the College website.

Sports and fitness

Is the College gym open and can I use the tennis courts?

The tennis courts are available for use.

From 12 April, the College gym will be open. In order to adhere to government guidelines, the gym can only be used by a maximum of three people at any one time. Bookings are limited to one hour slots, which can be booked through the RMS under the meetings tab. Full guidance on how to book and use the gym is available on the 'COVID-19 latest guidance' page on our website.

Visitors

Can friends from other households in College visit me in my room?

In order to comply with government regulations, you are not permitted to socialise across households within College accommodation.

Can friends from other Colleges visit me in my room?

Government regulations do not permit individuals from two separate households to socialise indoors unless they have formed a social bubble. The University does not permit intercollegiate social bubbles so unfortunately, we are not able to allow you to have visitors from other Colleges in your room or in other indoor spaces within College.
Can I socialise with friends from other households (including from other Colleges) anywhere in College?

You are welcome to socialise with friends from another College in the College gardens and in the marquees – **up to a maximum of six people.**

All visitors must adhere to our College guidelines (including social distancing and wearing a face mask in the public areas) and your visitors are not allowed in the household areas, the bar or the Dome. All guests must use the Visitor QR code to sign in (at any of the College entrances) or the paper log (at the Porters’ Lodge). It’s really important visitors adhere to these rules so that we know who is in College and fulfil our responsibility to track and trace.

Can I have guests from outside Cambridge visit me in College?

In accordance with the need for quiet this term, we are not allowing visitors from outside Cambridge into the College until further notice.

**Testing**

Is the Asymptomatic Testing Programme running throughout Easter Term?

Yes. The Asymptomatic Testing Programme will continue to run throughout Easter Term. The College’s pooled testing day for students in College accommodation is Wednesday.

Students living in private accommodation are also eligible to take part in the programme, and will be screened every Monday.

For further details, please visit the [*#StaySafeCambridgeUni* webpages.](#)

Please also check your email regularly for College communications about the Asymptomatic Testing Programme.

**Feeling unwell**

What should I do if I have COVID-19 symptoms?

Symptoms of COVID-19 include:

- **High temperature** – this means a feeling of feverishness, or a measured temperature above 37.8°C
- **New cough** – this means a new intermittent or persistent cough, or worsening of your usual cough (if you have one)
- **A loss or change in your sense of taste or smell** - particularly in the absence of nasal congestion.

If you develop one or more of these symptoms, you and all other members of your household must self-isolate in accordance with [NHS guidance.](#)
The University now also tests those who are experiencing one or more of the following minor symptoms:

- A sore throat
- Nasal discharge or congestion
- Muscle aches
- New hoarseness
- New shortness of breath
- A new wheeze

If you develop one or more of these symptoms, you and other members of your household do not need to self-isolate. However, you can request a test from one of the dedicated University testing pods.

You must email or call the Porters’ Lodge if you believe you have symptoms of COVID-19 – do not go along in person.

Please then follow the steps outlined on the #StaySafeCambridgeUni webpages.

**What happens if I test positive for COVID-19?**

If you test positive, you will be contacted by the team that performed the test (University or NHS as applicable) and you will be instructed about how long to self-isolate for. Current requirements are that anyone testing positive must self-isolate in their accommodation for 10 days from the onset of symptoms. Everyone in your household group will also be required to self-isolate for 10 days from that same date.

If you test positive, please notify the Porters’ Lodge. You will have to self-isolate in your bedroom and the College will provide you with the support to do so. Please refer to the College’s ‘Key Information for students in self-isolation’ document for further information.

Please also ensure that you are familiar with government advice on when to self-isolate or household isolate.

**Can I catch COVID-19 twice?**

If you get symptoms of COVID-19 again, you must self-isolate immediately and get a test.

You should also self-isolate again if someone in your household develops symptoms.

You must self-isolate again even if you have tested positive for COVID-19 before. You probably have some immunity to coronavirus but it is not currently clear how long it lasts, and there is no guarantee that you will not contract COVID-19 again.
Wellbeing

Is the College Nurse still available?

Yes. Surgery in College is currently closed but you can access a remote appointment by emailing the College Nurse to arrange a meeting. Please email Dee for an appointment on dw350@cam.ac.uk or dee.williams@murrayedwards.cam.ac.uk. Dee will usually respond within two working days.

Is the College Counsellor still available?

Yes. You can email the College Counsellor, Elrika Erasmus, at counsellor@murrayedwards.cam.ac.uk for an appointment. Appointments are currently held remotely. Term Time Office hours are Tuesdays and Fridays between 09:00 and 14:00. Emails will be answered intermittently outside of office hours.

What other support is available?

If you need some support, academically or otherwise, please get in touch with your Tutor, DoS, the Deputy Senior Tutor or the Senior Tutor. You can also find helpful information about available welfare support on the UCS website. In addition, Public Health England’s Every Mind Matters campaign and their local NHS trust now provide dedicated 24-hour support lines. Students can also get help from Student Space, an online platform launched specifically to help with the challenges of the pandemic.

Behaviour outside College

Do I have to adhere to these guidelines outside of College?

Many of the principles and requirements outlined here will be similar elsewhere within the University. All students are expected to adhere to the guidelines or rules outlined by individual Colleges, and Faculties and Departments while they are in their grounds or buildings.

Summary

We know this continues to be a tough time but the guidelines in place are there to protect all of us and to ensure that we adhere to government guidelines and regulations.