Introduction

The guidelines below are for students, staff and Fellows, and they 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.

Face coverings

Do I have to wear a face covering around College?

You do not have to wear a face covering when moving around the public areas of College.

Do I have to wear a face covering to in-person supervisions?

The government is no longer advising the use of face coverings in teaching settings. However, the College encourages anyone who would like to continue to wear a face covering to do so – particularly in crowded or indoor spaces such as supervisions or small group teaching. In advance of meetings/supervisions, it’s a good idea to check in with the host to clarify what will be expected.

Do I have to wear a face covering in the Dome?

Face coverings in the Dome are not mandatory but we encourage you to wear one if you are able to.

Supervisions

What is the guidance around arriving for and leaving in-person supervisions?

Please arrive at your supervision no more than five minutes before the start time. This is to help prevent crowding or queues in public areas. At the end of your supervision, you should leave promptly – please avoid gathering outside the supervision room.

Will rooms be cleaned in between in-person supervisions?

Yes. Meeting rooms in College will be ventilated and sanitised before and after each supervision. There will also be a 15 minute break in between supervisions. Surface wipes and sanitiser are available on request (from the Accommodation Office) for Fellows’ offices.

Am I allowed to share equipment and resources with others in my in-person supervision?

We advise students and supervisors to avoid sharing equipment and resources where possible.
What happens if I start to feel unwell during my in-person supervision?

If you have a temperature or are experiencing any COVID-19 symptoms before your supervision, please do not attend. Make sure to let your supervisor know as soon as possible. If you start to feel unwell in the supervision, you must leave immediately, return to your room and follow the College’s guidance on reporting your symptoms.

Testing

Is the Asymptomatic Testing Programme running in Lent Term?

From Monday 31 January, asymptomatic screening for COVID-19 at the University will be based exclusively on lateral flow tests (LFTs). This means that the Asymptomatic Testing Programme (ATP) will now be suspended.

How can I obtain LFTs?

The University has ordered thousands of test kits from the UK Health Security Agency, which will be distributed to Colleges every three weeks for use by students.

The College is expecting to be able to provide the first set of LFTs for students during the week beginning 7 February. The provision of these tests is to support twice-weekly testing only and we advise all students to continue to obtain their own tests as well.

You can obtain LFTs from the gov.uk website or pre-order and pick up from a local pharmacy.

How often should I take an LFT?

We ask that all students take an LFT twice a week, typically on Mondays and Thursdays, as well as before attending large meetings and events.

Are individual PCR tests still being distributed?

Individual PCR tests distributed by Colleges have been suspended (including confirmatory PCR tests for students with positive LFTs, Return to Cambridge tests, Pre-Departure tests, ‘Test-to-check’, and tests for enhanced contact tracing).

However, if you have any COVID-19 symptoms, you can still book a test via the University testing pods.
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 must self-isolate in accordance with NHS guidance.

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

What happens if I test positive for COVID-19?

If you test positive for COVID-19, you will need to self-isolate in your accommodation for 10 days from the onset of symptoms. The day of testing or the first day of symptoms is counted as day 0 in the isolation timeline.

However, you are able to reduce your isolation period to 5 full days if you test negative with an LFT on both day 5 and day 6, and you do not have a temperature. For example, if you test negative on the morning of day 5 and on the morning of day 6, you can come out of self-isolation immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period and the second test must be taken the following day.

If the results of either test is positive, please continue to self-isolate until you receive negative test results on two consecutive days or until you have completed 10 full days of self-isolation, whichever is earliest.

Anyone who is unable to take an LFT or continues to have a temperature must complete the full 10 day period of self-isolation.

If you do need to self-isolate, the College is here to support you. Please take a look at the ‘**Key information for students in self-isolation**’ document for more information.
Do I have to self-isolate if someone in my College household tests positive?

If a member of your College household has symptoms or tests positive for COVID-19, you only need to self-isolate if you have not been fully vaccinated either in the UK or with a UK-approved vaccine administered abroad (minimum two doses + two weeks).

Can I catch COVID-19 twice?

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

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 available?

Yes. Please email the College Nurse, Dee Williams, for an appointment on dw350@cam.ac.uk or dee.williams@murrayedwards.cam.ac.uk. Dee will usually respond within two working days. The majority of appointments will be conducted remotely (via Teams), although in-person appointments are available.

Is the College Counsellor available?

Yes. You can email the College Counsellor, Elrika, at counsellor@murrayedwards.cam.ac.uk for an appointment. Remote and in-person appointments are available. 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.