

MURRAY EDWARDS COLLEGE

Key information for students arriving to quarantine

Porters' Lodge: 01223 762100; porters@murrayedwards.cam.ac.uk

NHS111 – just call 111

College Nurse (from September onwards): 01223 763329; nurse@murrayedwards.cam.ac.uk

Michele Gemelos (Senior Tutor): michele.gemelos@murrayedwards.cam.ac.uk

Tutorial Office: 01223 762232; tutorial@murrayedwards.cam.ac.uk

You are quarantining because you have travelled to the UK from or via a country not included in the travel corridor.

Before you arrive

- Let the Porters know if you do not have a UK mobile phone as NHS111 does not accept calls from phones registered outside of the UK.
- Call the Porters' Lodge (01223 762 100) to let the Porters know if your arrival will be delayed and tell them when you expect to arrive at College.
- Make sure you have your University card with you. If for any reason you have lost it please notify the Porters' Lodge before arrival and they can organise a temporary card.

When you arrive

- Please ask the taxi driver to take you to the main entrance (postcode: CB3 0DF) and wait for you while you collect your key. Ring the bell at the main entrance. The Porter will pass the key over in a safe way and sign your key out on your behalf. Ensure you ask the Porter to indicate which entrance is nearest to your accommodation if this is unknown to you.
- Then ask your taxi driver to take you to the nearest entrance to your accommodation. (Storeys Way car park postcode: CB3 0DR.)
- Once you have settled in, please email the Porters' Lodge (porters@murrayedwards.cam.ac.uk) to confirm you have your room key, letting them know the number on the fob.

During quarantine

All current official guidelines, including how to access the NHS 111 health checker tool is available here: www.cam.ac.uk/coronavirus

1. **Don't hesitate to contact the Porters' Lodge for help at any time, but not in person.** They are available 24 hours a day.
2. **Remain in the accommodation advised by the College (unless you are renting privately).** Do not receive visitors from outside.
3. **Follow the ['stay at home' advice](#) provided by the UK government.**

4. **What goes into your room, stays in your room.** Don't allow any items to leave your room if you are self-isolating, or the 'household' area if you are isolating as a group. You will receive advice on managing disposal of waste, and on the loan of any equipment you might need.
5. **Self-isolation Supporters (SIS).** You will receive the support of two Self-Isolation Supporters (SIS) for delivery of provisions, equipment and personal items to your door, for delivery of food from the College kitchens and laundry. SIS will check in at least once daily by phone, social media or via your door. Your Tutor will also contact you daily to help connect you with pastoral support.
6. **Food:** If requested, food from the Dome can be delivered to your room by Catering on a daily basis at a reduced charge. For further information about this, please email catering@murrayedwards.cam.ac.uk. If you choose to have a grocery delivery from a supermarket, please note that the College does not accept deliveries of this nature. You will need to have the delivery received by your Self-Isolation Supporter and have them bring it to your room/household.
7. **Rubbish disposal:** You MUST contact Housekeeping when you are ready to dispose of your bagged-up rubbish. Housekeeping will advise you on a safe way to dispose of your rubbish. Please email them on accommodation.enquiries@murrayedwards.cam.ac.uk.
8. **Bed linen:** You will be provided with extra sets of linen to cover your quarantine period. You will be supplied with plastic bags for the dirty linen, which must be bagged, and left in your room until the end of your quarantine period.
9. **Cleaning:** You will be provided with household cleaning products so that you can clean your room, bathroom and toilet.
10. **Check your health and report any concerns.** If you develop COVID-19 symptoms during your quarantine period, please email or call the Porters' Lodge immediately. **Do not go in person.**
11. **You MUST fill in the weekly census form provided by the University,** including details of symptoms and health. If you develop symptoms while in quarantine, you should report these to the Porters' Lodge by phone (01223 762 100) and, if necessary, start self-isolation procedures.
12. **Wellbeing.** Keep in touch with friends and family as much as you can. If you are a returning student, you will be able to contact your Tutor by email. You can keep up with the [University COVID-19 pages on wellbeing](#), which has a lot of helpful links and information. Do let someone know if you feel down or anxious. The Porters' Lodge is open 24 hours a day. Useful advice is also available from the [NHS](#) and from [Young Minds](#).
13. **Keeping up with academic work.** Your Director of Studies, Graduate Tutor or Graduate Supervisor will make contact to discuss these matters. Follow the guidance on the [University website](#) for updates.
14. **Personal Emergency Evacuation Plan (PEEP):** The Porters will advise you on what to do in the event of an emergency that requires evacuation (e.g. fire alarm). You should aim to remain at least 5-10 metres distant from all other people during an evacuation and should take steps to avoid direct hand contact with shared door handles outside of the isolation area.