

# MURRAY EDWARDS COLLEGE

## Key information for students arriving to quarantine

**Porters' Lodge:** 01223 762100; [porters@murrayedwards.cam.ac.uk](mailto:porters@murrayedwards.cam.ac.uk)

**NHS111** – just call 111

**College Nurse:** 01223 763329; [nurse@murrayedwards.cam.ac.uk](mailto:nurse@murrayedwards.cam.ac.uk)

**Michele Gemelos (Senior Tutor):** [michele.gemelos@murrayedwards.cam.ac.uk](mailto:michele.gemelos@murrayedwards.cam.ac.uk)

**Tutorial Office:** 01223 762232; [tutorial@murrayedwards.cam.ac.uk](mailto:tutorial@murrayedwards.cam.ac.uk)

### 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](mailto: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](http://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).** If possible, please ask your housemates or friends to help with essential errands and deliveries of provisions, equipment, personal items, food from the College kitchens and laundry. If your friends or housemates cannot help you in this way, please contact [Beverley Watts](#) to ask to be assigned a SIS as soon as possible. A Tutor will also contact you to help connect you with pastoral support.
6. **Tests on days 2 and 8 of quarantine.** Under current UK government guidelines, anyone arriving in England must quarantine for 10 days and take two COVID-19 tests during their quarantine period (on day 2 and day 8). These tests are self-administered and you should have booked them before travelling. You will either be able to collect the package with the test kits from the Porters' Lodge on arrival or if the test kits arrive later, the Porters will notify you by email. Please do not leave your room to collect the test kits or post the completed tests. Please ask a friend, housemate or SIS to do this on your behalf. Remember to check the instructions about how to return the completed test. If you are required to post the test in a Royal Mail 'Priority Postbox', please let the person who is helping you know. There are Priority Postboxes near College (Outside the Co-op on Histon Road; Storeys Way) as well as in the centre of town. They can be located using [this link](#).
7. **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 the [catering team](#). If you choose to have a grocery delivery from a supermarket, please note the College does not accept deliveries of this nature. You will need to have the delivery received by your SIS/friend/housemate and have them bring it to your room/household.
8. **Laundry:** If your housemates, friends or SIS cannot assist with your laundry, you can ask the Accommodation team to help you. Please email [accommodation enquiries](#) for further information.
9. **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](mailto:accommodation.enquiries@murrayedwards.cam.ac.uk).
10. **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.
11. **Cleaning:** You will be provided with household cleaning products so that you can clean your room, bathroom and toilet.
12. **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.**

13. **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.
14. **Wellbeing.** Keep in touch with friends and family as much as you can. You will also 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](#).
15. **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.
16. **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.

Dr Michele Gemelos, Senior Tutor, March 2021