

# 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)

**Covid admin:** [covid.admin@murrayedwards.cam.ac.uk](mailto:covid.admin@murrayedwards.cam.ac.uk)

**College Nurse (from September onwards):** 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)

**NHS111** – just call 111

You are quarantining because you have travelled to the UK from an Amber or Green list country **AND** you have not been fully vaccinated with a UK-approved vaccine (two doses + two weeks).

### 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.

### When you arrive

- Please ask the taxi driver to take you to the main entrance (postcode: CB3 0DF). The Porter will give you the key and you will sign it out.

### 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. **Take a COVID test on day 2 and day 8 of your quarantine period.** Please email your test results to [covid.admin@murrayedwards.cam.ac.uk](mailto:covid.admin@murrayedwards.cam.ac.uk).
5. **Let us know if you have signed up to the Test to Release programme.** Please email [covid.admin@murrayedwards.cam.ac.uk](mailto:covid.admin@murrayedwards.cam.ac.uk) to let us know.
6. **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.

7. **Self-isolation Supporters (SIS).** If you are able to, please ask a friend in another household if they can act as your SIS. Your SIS will be able to collect books from the College library for you, collect and deliver your post/parcels from the Porters' Lodge, and collect and deliver any online food deliveries (supermarket orders, takeaways). If you do not know anyone who could help you in this way, please get in touch with the [Tutorial Office](#) as soon as possible during office hours (10:00-16:00). Please ensure your SIS will be able to collect items from the Porters' Lodge **before** you place orders for delivery.
8. **Food:** You will receive a welcome bag when you arrive (usually containing some fruit, a couple of snack items, a porridge pot and a drink). You can order food from the Dome to be delivered to your room on a daily basis by Catering (at a reduced charge of £12 per day for breakfast, lunch and dinner or £8 per day for breakfast and lunch OR breakfast and dinner). You should have received and completed a food order form before you arrived for quarantine. If this is not the case and you would like to order food from the Dome, please get in touch with [Catering](#) as soon as possible so that we can make sure you have food at meal times.
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. **You must fill in the University's [COVID-19 monitoring form](#) provided by University and keep it up to date.** If you develop symptoms while in quarantine, you should report these to the Porters' Lodge by phone or email, and follow their instructions.
14. **Wellbeing.** The Senior Tutor/Deputy Senior Tutor will be in touch with you regularly from the start of your quarantine period. However, please do not hesitate to contact them yourself if you need any help or support. The JCR and MCR Welfare Officers are also available to support you. Keep in touch with friends and family as much as you can. You can keep up with the [University COVID-19 pages on wellbeing](#), which have 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.** Please contact your Director of Studies (DoS), Postgraduate Tutor or Postgraduate Supervisor if you need help with informing supervisors that you cannot attend supervisions in person or that you cannot attend practicals. DoS and supervisors are aware that students may be in quarantine/self-isolating and they will be able to advise you about options and support for teaching and learning during your quarantine period. If you need books from the

College library, please follow the instructions on the [College website](#). Follow the guidance on the [University website](#) for other updates about academic support.

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.
17. **Ending quarantine:** If you have no symptoms at the end of your quarantine period, you should be able to come out of quarantine, but please wait for confirmation from covid admin before doing so. If you have developed symptoms during quarantine, please let the Porters' Lodge know immediately and please remain in self-isolation.

Dr Michele Gemelos, Senior Tutor, September 2021