

MURRAY EDWARDS COLLEGE

Key information for students in self-isolation

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

NHS111 – just call 111

College Nurse: 01223 763329; nurse@murrayedwards.cam.ac.uk

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

Paola Filippucci (Deputy Senior Tutor): paola.filippucci@murrayedwards.cam.ac.uk

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

You are self-isolating because you have symptoms or have tested positive for COVID-19 **OR** because you share facilities with another person who has symptoms or has tested positive for COVID-19 **OR** because you have been told you have been in contact with someone who has tested positive.

Unless you have already done so, please call or email the Porters' Lodge to let them know. **Do not go to the Porters' Lodge in person.**

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. **Check your health and report any concerns.** Any worsening of your symptoms, of whatever nature, and any need for medical assistance should be reported to NHS111 (999 in emergency), and the College Nurse via the Porters' Lodge. If you contact NHS111 you will need to do so with a UK registered phone. The Porters will provide you with one if you need one.
3. **You must fill in the University's [COVID-19 monitoring form](#) provided by University.** If you develop symptoms while in household-isolation, you should report these to the Porters' Lodge by phone or email, and follow their instructions to start self-isolation in your bedroom.
4. **Test results.** If you have taken a COVID-19 test, please email the results to the [Porters' Lodge](#) immediately along with the dates you have been given by the testing team for ending self-isolation. This is important as the Porters will let the Duty Tutor know the outcome of the test and in turn, the Duty Tutor will be able to confirm the end of your isolation period with you at the appropriate time. If the result is negative, please wait for confirmation from the Duty Tutor that you can come out of self-isolation/household isolation. If your test is positive, please remain in self-isolation/household isolation and await further instructions. If your result is inconclusive, please let the Porters know that you have booked another test.
5. **NHS home test.** If you have booked an NHS home COVID-19 test (delivered to you by post), please note the completed test needs to be posted back on the same day on which it is done. For this reason, please liaise with your self-isolation supporter in advance and agree a time they can collect and post it immediately. The test needs to be posted before 17:00, so you are encouraged to

complete your test as early in the day as possible. Your SIS will need to take it to a **Royal Mail Priority Postbox**. The nearest priority postboxes to College are on Storeys Way (at the far end straight ahead from the back gate of College) and on Histon Road (outside the Co-op). For further information and for a locator for the nearest priority postboxes see the [Royal Mail website](#).

6. **Asymptomatic testing programme.** You **must not** participate in the asymptomatic testing programme for the duration of your self-isolation or household-isolation. You are encouraged to sign-up again once your self-isolation/household isolation period has ended.
7. **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.
8. **Food provision.** As soon as possible, your household will receive a food box with some basic provisions, free of charge. Please note this might take a little bit longer out of office hours (evenings and weekends). You can also 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). Catering will be in touch with further information and instructions about how to order. Orders will be responded to within 24 hours.
9. **If you have to self-isolate in your bedroom** you can be provided with a microwave, kettle and fridge so you can self-cater within your bedroom. If you would like one or more of these items, please send an email to [Accommodation](#) (and cc in the [Porters' Lodge](#) if out of hours). Please note that this may take a little while longer out of office hours (evenings and weekends). In the meantime, members of your household may bring you food and hot drinks from the household kitchen.
10. **Help with errands and with other necessities.** If you are able to, please ask a friend in another household if they can act as your Self-Isolation Supporter (SIS) and send them the information here. Your SIS will be able to:
 - Collect books from the College library for you
 - Collect and deliver your post/parcels from the Porters' Lodge
 - 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 as soon as possible with the Deputy Senior Tutor, [Dr Paola Filippucci](#).

11. **Academic support.** Please contact your Director of Studies immediately 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 need to self-isolate and they will be able to advise you about options and support for teaching and learning during self-isolation. 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.

12. **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.
13. **Bed linen:** You will be provided with extra sets of linen to cover the period of self-isolation. 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 isolation period.
14. **Cleaning:** You will be provided with household cleaning products so that you can clean your room, bathroom and toilet.
15. **Welfare/wellbeing.** Your Tutor will be in touch with you regularly from the start of self-isolation; however, please do not hesitate to contact them yourself if you need any help or support. The Deputy Senior Tutor, [Dr Paola Filippucci](#), is also available to help – please do contact her at any time. 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](#).
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 self-isolation.** If you have no symptoms at the end of your period of isolation, you should be able to come out of self-isolation/household isolation, but please wait for confirmation from the Duty Tutor before doing so. If you tested positive and you still have symptoms on the day that you are due to end self-isolation, please call NHS111. They will be able to give you advice about whether you can end your self-isolation period. Please let the Duty Tutor know what the NHS has recommended to you as soon as possible. If you have developed symptoms during household isolation, please let the Porters' Lodge know immediately and please remain in self-isolation/household isolation.

November 2020