

# MURRAY EDWARDS COLLEGE

## Key information for students in self-isolation

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: 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)

Paola Filippucci (Deputy Senior Tutor): [paola.filippucci@murrayedwards.cam.ac.uk](mailto:paola.filippucci@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 self-isolating because:

- You have symptoms or have tested positive for COVID-19; **OR**
- You share facilities with another person who has symptoms or has tested positive for COVID-19 **AND** you have not been fully vaccinated either in the UK or with a UK-approved vaccine administered abroad (minimum two doses + two weeks); **OR**
- You have been in contact with someone who has tested positive **AND** you have not been fully vaccinated either in the UK or with a UK-approved vaccine administered abroad (minimum two doses + two weeks); **OR**
- Your pooled test returned a positive result and you are waiting for the result of your confirmatory PCR test.

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](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. Their phone number is listed above.
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 to the College Nurse via the Porters' Lodge. If you contact NHS111 you will need to do so with a UK registered phone.
3. **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 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 PCR test, please email the results to [covid.admin@murrayedwards.cam.ac.uk](mailto:covid.admin@murrayedwards.cam.ac.uk), cc'ing the [Porters' Lodge](#) and await further instructions. Please also email covid admin (cc'ing the Porters) with the dates you have been given by the testing team for ending self-isolation. This is important as the Porters will make a record of the date and at the appropriate time you will receive a message from

[covid.admin@murrayedwards.cam.ac.uk](mailto:covid.admin@murrayedwards.cam.ac.uk) confirming the end of your isolation period. If the result is negative, please wait for confirmation from covid admin that you can come out of isolation. If your result is inconclusive, please let the Porters know that you have booked another test.

**5. Asymptomatic Testing Programme**

You **must not** participate in the Asymptomatic Testing Programme for the duration of your isolation. You are encouraged to sign-up again once your isolation period has ended. However, if you tested positive, you must not participate in the Asymptomatic Testing programme for 90 days.

**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. 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 £12.00 per day for breakfast, lunch/brunch and dinner, £9.50 per day for lunch/brunch and dinner, £4.75 per day for lunch/brunch or dinner). Catering will be in touch with further information and instructions about how to order. Orders will be responded to within 24 hours.

**8. 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.

**9. 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 with the Tutorial Office ([tutorial@murrayedwards.cam.ac.uk](mailto:tutorial@murrayedwards.cam.ac.uk)) as soon as possible.

**Please note** that if your self-isolation begins out of office hours (evenings) or during the weekend you may have to wait until the following working day to be assigned a self-isolation supporter for errands and deliveries. If you need anything delivered urgently to you in the meantime (e.g. medicines or sanitary products, study materials) please get in touch with the Deputy Senior Tutor, [Dr Paola Filippucci](#).

- 10. Academic support.** Please contact your Director of Studies immediately if you need help with informing supervisors that you cannot attend supervisions. 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.
- 11. 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).
- 12. 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.
- 13. Cleaning:** You will be provided with household cleaning products so that you can continue to clean your room, bathroom and toilet throughout your self-isolation period.
- 14. 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. Do let someone know if you feel down or anxious. 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. The Porters' Lodge is open 24 hours a day. Useful advice is also available from the [NHS](#) and from [Young Minds](#).
- 15. 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.
- 16. Ending isolation.** Anyone self-isolating is now able to reduce their isolation period to 5 full days if they test negative with a lateral flow test on both day 5 and day 6, and they 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 result 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 a lateral flow test or continues to have a temperature must complete the full 10-day period of self-isolation. If you have developed symptoms during isolation, please let the Porters' Lodge know immediately and remain in self-isolation.