1. **Thank you very much indeed** for agreeing to act as a Self-Isolation Supporter (SIS). We are very grateful for your assistance and support in helping to manage the College’s response to COVID-19.

2. Under current advice students must self-isolate for at least 10 days if they have symptoms or have tested positive for COVID-19; or for 14 days if they are in a household with someone who has symptoms or tested positive for COVID-19. ‘Household’ in a College context is defined as those sharing the same kitchen, bathroom or toilet.

3. Further updated information is available through:
   - The University website
   - Gov.uk

4. You will be given the mobile phone number of the self-isolating student and those in household isolation. Please make sure you have these, and the contact information at the bottom of this sheet, in your phone, during the period of confinement. You will work in conjunction with a second SIS in order to spread the load of required visits and contacts – you will also need to have their contact details in your phone.

5. Your role as a SIS is to support the student while they are confined to their room. This involves twice daily voice contact, ensuring they are supplied with food and other necessities during their confinement, and passing on requests for other support and assistance as required.

6. SIS are **not assessors or carers** of affected students. Your role is purely to **support** students while they are confined to their rooms.

7. SIS **are not to enter** a self-isolating student’s room or to converse with them face-to-face.

8. Before approaching the doorway to a self-isolating household’s corridor, you must wash and dry your hands (or use sanitiser gel) thoroughly, for 20 seconds. On leaving you should do the same.

9. Deliveries should be made and left outside the closed door of the student’s room, or the students’ corridor in the case of ‘household’ isolation.

10. Please ensure the details of your visit are recorded at the Porters’ Lodge by email to porters@murrayedwards.cam.ac.uk; details should include information about the student’s general health, including their temperature. Any health concerns raised should be reported to the Porter on duty and the College Nurse.
11. At least two contacts should be made with a self-isolating student per day. This could take the form of a delivery visit, a phone call or via social media.

12. When phoning a self-isolating student, you should enquire about the student’s health and wellbeing. You should advise the self-isolating student to contact NHS 111 for advice on any health concerns. In addition, health concerns raised should be reported to the Porters on duty and College Nurse. Any academic worries raised by the student, should be reported to the student’s Tutor.

13. You should enquire about practical needs - e.g. toiletries or medicine, lecture notes or books. Please forward requests by email to the Tutorial Office, College Nurse or Tutor, as appropriate.

14. If your role as a SIS is having an emotional impact on you, please discuss this with your Tutor or College Nurse and/or your line manager.

15. Under no circumstances should you divulge any information which a student has given you in confidence, unless it is necessary to protect the safety of the student or the community.

16. You should refer worried neighbours and other individuals to the official guidance given by the College, the University and Public Health England, rather than talk to enquirers about individual self-isolating cases.

Many thanks!
Dr Michele Gemelos, Senior Tutor, August 2020

KEY CONTACTS
Porters Lodge: 01223 762100; porters@murrayedwards.cam.ac.uk
College Nurse (from September onwards): 01223 763329; nurse@murrayedwards.cam.ac.uk
Tutorial office: 01223 762203; tutorial@murrayedwards.cam.ac.uk
Michele Gemelos: michele.gemelos@murrayedwards.cam.ac.uk
NHS111 – call 111
Emergency – 999