

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;

Kate Peters (Senior Tutor): 01223 763801; mkp30@cam.ac.uk

Tutorial Office: 01223 762203; tutorial@murrayedwards.cam.ac.uk

You are self-isolating because of your symptoms (persistent new cough and/or fever of 37.8C or higher) OR because you share facilities with another person showing symptoms. 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. **Remain in the accommodation advised by the College (unless you are renting privately). If you currently have symptoms,** you should remain in your room, in this accommodation for a minimum of seven days (self-isolation). If you currently have no symptoms but share facilities with someone with symptoms, you should household-isolate up to a period of 14 days (a household in this context is defined as those people using shared bathroom, kitchen or toilet facilities). It is likely that everyone living in the shared accommodation will infect each other or be infected already, which is why you need to isolate as a household. Do not receive visitors from outside the isolation group.
3. **Follow the 'stay at home' advice provided by [Public Health England](https://www.gov.uk/government/organisations/public-health-england)**
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).** You will receive the support of two identified Self-Isolation Supporters (SIS) for delivery of provisions, equipment and personal items to your door, for delivery of food from the College kitchens and laundry. SIS will check in twice daily at minimum by phone or via your door. Your Tutor will also contact you daily to help connect you with pastoral support.
6. **Food:** If requested, food from the Dome will be delivered to the entrance of your household area by a Self-Isolation Supporter on disposable plates and cutlery, along with a waste bag for disposal. A small table will be placed outside your household isolation area, where food will be placed ready for you to pick up once your Supporter has left. Do not open your door until you know the Supporter has left. Bottled water will be provided if requested. You will be able to order food via

catering@murrayedwards.cam.ac.uk. The catering manager will keep a record of your orders for subsequent payment.

7. **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.
8. **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.
9. **Cleaning:** You will be provided with household cleaning products so that you can clean your room, bathroom and toilet.
10. **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.
11. You MUST fill in the daily census form provided by College, including details of symptoms and health. If you develop symptoms while in Household Isolation, you should report these to the Porters Lodge by phone (01223 762100) and, if necessary, start self-isolation procedures.
12. **Wellbeing.** Keep in touch with friends and family as much as you can. College Tutors continue to be available. 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 here: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> and here: <https://youngminds.org.uk>.
13. **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 on preparations for online learning, teaching and assessment for the remainder of the academic year.
14. **Personal Emergency Evacuation Plan (PEEP):** Your 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.

Kate Peters, Senior Tutor, 23 March 2020