Information for Fellows

You should arrange a COVID-19 test if you have one or more of these symptoms:

1. **High temperature**: feeling feverish, or measured temperature higher than 37.8°C
2. **New cough**: meaning a new intermittent or persistent cough, or worsening of your usual cough if you have one
3. Loss of / change in **sense of taste or smell**, particularly if there’s no nasal congestion
4. Headache
5. Sore throat
6. Runny nose
7. Muscle aches
8. New hoarseness
9. New shortness of breath
10. New wheeze

If you develop any of the symptoms **4-10** above you do not need to self-isolate, but can **request a test** by completing the online COVID-19 test request at [https://cuhstaffportal.co.uk/testrequest/](https://cuhstaffportal.co.uk/testrequest/).

If you develop **any of the symptoms 1-3** above you **must** immediately:

- Stay at home and self-isolate.
- Let the Senior Tutor know.
- Check if people you live with need to self-isolate
- Arrange a COVID-19 test by completing the online COVID-19 test request at [https://cuhstaffportal.co.uk/testrequest/](https://cuhstaffportal.co.uk/testrequest/) or [https://www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)
- Complete the University of Cambridge **COVID-19 monitoring form**:
  - Register with your email address and password, and then complete the questions
  - If you experience any problems email covid-helpdesk@admin.cam.ac.uk
  - Read any additional support and guidance sent to you by the COVID-19 helpdesk.

If your COVID-19 test result is **positive** you must:

- Self-isolate for 10 days (starting from the day your symptoms started, or the day of the test if you had no symptoms). You may be able to finish isolation after 5 days, please check [government guidance](https://www.gov.uk/government/publications/coronavirus-covid-19-view-the-government-roadmap) for full instructions.
- Let the Senior Tutor know.
- Let anyone you live with know that they must also self-isolate for 10 days. Anyone you have been in close contact with should isolate for 10 days starting from the last point of contact, unless they have been double vaccinated (and their second vaccination was at least 14 days ago) in which case they should arrange to take a PCR test.
- Update your test results on the University's **COVID-19 monitoring form**:
  - Enter the email address and password you used to register.

Updated 1 February 2022
If your COVID-19 test result is negative you should:

- Check the government's guidance to ensure you are safe to stop self-isolation
- Let the Senior Tutor know that you are able to resume work / return to work
- Update your test results on the University's COVID-19 monitoring form:
  - Enter the email address and password you used to register
  - Read any additional support and guidance materials sent to you by the COVID-19 helpdesk

**Lateral Flow home-testing devices (LFD)**

If you wish to use LFD at home, you can order them for free online at [https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests).

If you have any questions or concerns in the meantime, please get in touch with the Senior Tutor.

For more information, please see the StaySafeCambridgeUni website testing page