Novel Coronavirus (COVID-19)

Key information for students in self-isolation

Porters Lodge: 01223 (3)35846 NHS111 – just call 111
College Nurse: Nurse@sel.cam.ac.uk

You are self-isolating because of your symptoms (persistent new cough and/or fever of 37.8°C or higher) OR because you share facilities with another person showing symptoms. Unless you have already done so, please call the Porter’s Lodge who will put you in contact with the College Nurse. Do not go to the Porters Lodge in person. All current official guidance including how to access the NHS111 health checker tool is available through https://www.cam.ac.uk/notices/news/coronavirus-latest-guidance

1. Don’t hesitate to contact your Porters’ Lodge for help at any time, but not in person. They are available 24 hours per day as above or at porters@sel.cam.ac.uk. Let them know if you do not have a UK SIM in your mobile phone. See up to date information via the icon on the www.cam.ac.uk website.

2. Remain in the accommodation advised by the College (unless you are renting privately): You should remain indoors, in accommodation agreed by the College, for a minimum period of 7 days (self-isolation) up to a maximum period of 14 days (for group isolation – 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. Do not receive visitors from outside the isolation group.


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 (SISs):** Everyone remaining in Cambridge during the COVID-19 outbreak has nominated 2 willing SISs. You should contact them when you start isolating. They and the Porters, if necessary, will help with delivery, as far as is feasible, of provisions and personal items to your door. Please contact them for other aspects of necessary support that arise. SISs or Porters will check in at least daily by phone or via your door. Your Tutor and the Chaplain will also contact you to help connect you with pastoral support.

Food and drink will be delivered to you during your time in isolation. Daily menus are published on the College website: [https://www.sel.cam.ac.uk/life-selwyn/hall-menu/](https://www.sel.cam.ac.uk/life-selwyn/hall-menu/) Telephone your meal choice through to the College Kitchen: 01223 (3) 35891. Meals will be delivered to you in disposable containers and left outside your room. Bottled water and fruit juice will be provided.

Please note that the Catering Team is only available to take orders between 10:00 am and 11:00 on the day required, giving at least 1 hours’ notice for lunch meals.

Please do not order takeaway food from outside the College.

6. **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 out of hours).

7. **Wellbeing:** Keep in touch with family and friends. The College Tutors continue to be available for you. If you have trouble reaching your Tutor, please email senior.tutor@sel.cam.ac.uk to alert us to this, or contact one of the other Tutors, the Chaplain, or your DoS. Keep up with the University COVID-19 pages on wellbeing: [https://www.hr.admin.cam.ac.uk/coronavirus_wellbeing_mentalhealth](https://www.hr.admin.cam.ac.uk/coronavirus_wellbeing_mentalhealth). Do let someone know if you feel down or anxious. The Porters’ Lodge is open 24 hours.

8. **Keeping up with academic work.** Your Director of Studies or Graduate Tutor or Graduate Supervisor will make contact to discuss these matters. Follow the University website (above) for updates on preparations for on-line learning, teaching and assessment for the remainder of the academic year.

9. **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). **Please remain at least 5-10 metres distant from all non-isolating people** during an evacuation and you should take steps to avoid if at all possible direct hand contact with shared door handles outside of the isolation area.