SELWYN COLLEGE COVID-19 GUIDELINES

VACCINATION

- The College recommends that students, staff and Fellows are fully vaccinated as the best protection against the virus, unless there are medical reasons why you should not.

TESTING AND SELF-ISOLATION

- The College recommends holding a stock of lateral flow tests (LFTs) and using them regularly (twice a week, especially if you get the symptoms of a cold). Packs of tests can be ordered here.

- If you think you have one of the main symptoms of Covid-19 (high temperature, new continuous cough, or loss/change to your sense of smell or taste), you should self-isolate immediately and book a PCR test. University PCR tests can be booked here.

- If you test positive (via either LFT or PCR test), self-isolate immediately. Inform the Porters (porters@sel.cam.ac.uk) and, if appropriate, your line manager. Following a positive LFT result, you should take a PCR test. You may leave isolation if you receive two negative PCR tests.

- The College recommends that students participate in the weekly asymptomatic PCR pool testing programme. This is the best early warning of any potential cases in the College.

- If someone in your household tests positive, you will need to self-isolate unless you have an exemption (by being fully vaccinated in the UK, having a medical exemption, being under 18½ years old or taking part in a vaccine trial). The full guidance and advice for self-isolation is available in the ‘Isolation and Testing Guidance’ document here.

VENTILATION, DISTANCING AND FACE COVERINGS

- Outside and when briefly passing other people, the risk of Covid is relatively low.

- However, if you spend an extended period indoors with other people – for example socialising in student study bedrooms, small group teaching, working together in an office, or joining a meeting – the Covid risk increases and therefore mitigations are strongly recommended.

- Key mitigations recommended are one or more of the following:
  - Maximise ventilation in the room.
  - Increase distancing between each person. This may mean limiting the number of people in the room.
  - Wear a face covering. Wearing a face covering is particularly recommended when ventilation and distancing are difficult.

Selwyn College’s full Covid risk assessment can be found here.

Cambridge University’s Covid guidance and key resources can be found here.

Thank you for your co-operation in helping to keep Selwyn as safe as possible.
Our aim is to be considerate of others for the good of all.

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