



Selwyn College Cambridge

## SELWYN COLLEGE COVID-19 ISOLATION AND TESTING GUIDANCE

REVISED 15 DECEMBER 2021

This guidance covers **five scenarios**. Your situation will only fall into **one** of these scenarios at any one time. The scenarios are:

1. If you need to quarantine on arrival from outside the UK.
2. If you think you have one or more of the 'main symptoms' of Covid-19.
3. If someone else in your household either thinks they have one of the 'main symptoms' of Covid-19, or they receive a positive test result (PCR or LFT)
4. If you receive a Covid-19 positive test result (either PCR or LFT).
5. If you are contacted by NHS Test & Trace to advise that you have been in contact with someone who has tested positive.

The 'main symptoms' of Covid-19 are:

- **High temperature** – you feel hot to touch on your chest or back.
- **New, continuous cough** – coughing a lot for more than an hour, or three or more coughing episodes in 24 hours.
- **Loss or change to your sense of taste or smell** – you have noticed you cannot smell or taste anything, or things taste or smell different to normal.

### Cambridge University Asymptomatic Testing programme:

- If any test pool receives a positive test result, all members of that test pool must adopt scenario 4 until it is clarified which members of the test pool are positive. Anyone testing positive individually should then continue with scenario 4.
- All other members of the household should then adopt scenario 3.
- If the subsequent individual tests are all confirmed fully negative, the whole testing pool will be able to end isolation.

**We cannot stress too much that the one thing you must not do is ignore this guidance.**

**As well as being for your own safety and that of the College community,  
the rules around testing positive and self-isolation continue to be legal requirements.**

*This guidance will be updated as required. This version is dated 15<sup>th</sup> December 2021.*

## 1. If you are quarantining on arrival from outside the UK.

The government rules can be found at: <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>.

### If you are required to self-isolate on arrival in England:

- Travel as directly as you can from your point of entry to the College. Do not stay overnight anywhere else en-route.
- On arrival at the main gate of the College, go to the Porters' Lodge to collect your key.
- In going to the Porters' Lodge and then to your room, avoid contact with anyone else as far as possible.
- You must then self-isolate for the required period (generally **10 days** from the date of your arrival at College, including the date of arrival).
- It may be possible to reduce this period using the 'test to release' scheme. This involves taking an approved test during the self-isolation period that produces a negative result – details are at <https://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel>.

### During self-isolation:

- You must not leave your **room** for any reason except:
  - To use bathroom facilities if your room is not en-suite. You must thoroughly clean and sanitise the facilities after each use in this instance.
  - To take refuse sacks to the bottom of your staircase or hostel for collection daily Monday to Friday.
  - To exercise once a day for a maximum of 60 minutes in the gardens, keeping a safe distance from everyone else.
    - If you are in Cripps Court, 'gardens' means the Cripps Court gardens only.
    - If you are in Old Court, Ann's Court, Walter's Lodge, 38 or 40 Grange Road, or 17, 21 or 23 West Road, 'gardens' means the lower gardens of the main College site.
    - If you are in another hostel, it means the gardens of your hostel.
- Food and provisions will be delivered to your room. Instructions on how to order are included in Appendix 1. Orders are placed via email at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk).
- If you are in isolation and find yourself in need of buddying support, you may well have friends in College who can do this in return for a promise that you would do the same for them. However, if there isn't anyone in College whom you feel you can ask, please contact the MCR at [mcr-president@sel.cam.ac.uk](mailto:mcr-president@sel.cam.ac.uk) if you are a postgraduate student, or complete the JCR Google form at <https://forms.gle/bXaQokuu9ntMberc8> if you are an undergraduate student. Please however try to minimise the number of errands.
- You will need to clean your own room during self-isolation (materials will be provided).
- Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. These bags must then be kept for at

least 72 hours in your room (to ensure any trace of the virus is no longer active) before being put out for collection.

- College staff will not come into your room during self-isolation except in a medical or maintenance emergency.
- If you have concerns about your wellbeing or think you need access to counselling services during the self-isolation period, please do contact your Tutor.

## 2. If you think you have one or more of the main symptoms of Covid-19

### Immediate steps (in this order):

- Go straight to your room, avoiding other people on the way as much as possible.
- Call or email the Porters to advise them of suspected Covid-19 ([porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) or 01223 335846). Do not go in person to the Porters' Lodge.
- Call or email the Nurse to advise her of your situation ([nurse@sel.cam.ac.uk](mailto:nurse@sel.cam.ac.uk) or 01223 335898). Again, do not go in person.
- Call or email your Tutor and your Director of Studies.
- Book a PCR test with the University testing service at <https://cuhstaffportal.co.uk/testrequest/>.
- Report that you have symptoms on the University monitoring form at <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/report-symptoms-and-get-a-test/covid-monitoring-form>.
- You must self-isolate for **10 days** from the date you first reported symptoms, unless you receive a **negative PCR test result before then**. If you do receive a negative PCR test, you must contact the Porters to advise them of this result, but may then end self-isolation. In these circumstances it is recommended to continue to take daily LFT tests for the next 2-3 days.

### During self-isolation:

- You must not leave your room for any reason except:
  - To get tested. When getting tested, ideally walk or cycle to one of the test centres, avoid contact with others, and wear a face covering. The test centres are at the Engineering Department, Fen Causeway, and at Addenbrooke's Hospital.
  - To use bathroom facilities if your room is not en-suite. You must thoroughly clean and sanitise the facilities after each use in this instance.
  - To exercise once a day for a maximum of 60 minutes in the gardens, keeping a safe distance from everyone else.
    - If you are in Cripps Court, 'gardens' means the Cripps Court gardens only.
    - If you are in Old Court, Ann's Court, Walter's Lodge, 38 or 40 Grange Road, or 17, 21 or 23 West Road, 'gardens' means the lower gardens of the main College site.
    - If you are in another hostel, it means the gardens of your hostel.
- Food and provisions will be delivered to your room. Instructions on how to order are included in Appendix 1. Orders are placed via email at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk). During your self-isolation, please do not use your gyp room. Other members of your household may continue to do so.
- If you are in isolation and find yourself in need of buddying support, you may well have friends in College who can do this in return for a promise that you would do the same for them. However, if there isn't anyone in College whom you feel you can ask, please contact the MCR at [mcr-president@sel.cam.ac.uk](mailto:mcr-president@sel.cam.ac.uk) if you are a postgraduate student, or complete the JCR Google form at <https://forms.gle/bXaQokuu9ntMberc8> if

you are an undergraduate student. Please however try to minimise the number of errands.

- You will need to clean your own room during self-isolation (materials will be provided).
- Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. These bags must then be kept for at least 72 hours in your room (to ensure any trace of the virus is no longer active) before being put outside your room for collection by other members of your household.
- College staff will not come into your room during self-isolation except in a medical or maintenance emergency.
- If you receive a negative test result, please advise the Porters ([porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) or 01223 335846) immediately. You and any other members of your household who have to isolate may not end self-isolation until you have advised the Porters.
- Update the University monitoring form (see above) with any change of status.
- If you receive a positive test result, follow the steps in scenario 4.
- If you have concerns about your wellbeing or think you need access to counselling services during the self-isolation period, please do contact your Tutor.

3. If someone else in your household thinks they have one of the main symptoms of Covid-19, or they receive a positive test result (from either a LFT or PCR test)

You are exempt from self-isolation when someone else in your household self-isolates due to symptoms or a positive test IF one or more of the following applies:

- You have been fully vaccinated UK with a UK-approved vaccine your second dose was more than two weeks ago. It doesn't matter where you received your vaccine, but it must have been one that is approved in the UK.
- You have a medical exemption from vaccination
- You are less than 18 years and 6 months old
- You have taken part in or are currently part of an approved COVID-19 vaccine trial

If none of the above apply, you **MUST** self-isolate by law.

Please note that in order to qualify for an exemption, you must have told us your vaccination status. If you have not told us, the College is obliged to assume that you do not meet the criteria and you will need to self-isolate in the event that someone else in your household has symptoms or tests positive.

If you do need to self-isolate, follow these immediate steps (in this order):

- You will be advised by the College by either email or SMS or both.
- Go straight to your room, avoiding other people on the way as much as possible.
- Call or email the Porters to confirm that you are in your room for self-isolation ([porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) or 01223 335846). Do not go in person to the Porters' Lodge.
- Call or email your Tutor and your Director of Studies.
- Report that you have gone into household isolation on the University monitoring form at <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/report-symptoms-and-get-a-test/covid-monitoring-form>.
- You must self-isolate for **10 days**, unless a person who thinks they may have Covid-19 symptoms receives a **negative PCR test result before then**.

During self-isolation:

- You must not leave your **household area** (including shared bathrooms and gyps) for any reason except:
  - To take refuse sacks to the bottom of your staircase or hostel for collection daily Monday to Friday (ideally one person only should do this each day to minimise footfall). Please also take refuse from the symptomatic member of your household who is isolating in their room.
  - To exercise once a day for a maximum of 60 minutes in the gardens, keeping a safe distance from everyone else.
    - If you are in Cripps Court, 'gardens' means the Cripps Court gardens only.
    - If you are in Old Court, Ann's Court, Walter's Lodge, 38 or 40 Grange Road, or 17, 21 or 23 West Road, 'gardens' means the lower gardens of the main College site.
    - If you are in another hostel, it means the gardens of your hostel.

- Food and provisions will be delivered to your room. Instructions on how to order are included in Appendix 1. Orders are placed via email at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk). During your self-isolation, you and all members of your household may continue to use their gyp room (apart from the student with symptoms of Covid-19). Do not enter the room of the person who has the symptoms or has received a positive test result.
- If you are in isolation and find yourself in need of buddying support, you may well have friends in College who can do this in return for a promise that you would do the same for them. However, if there isn't anyone in College whom you feel you can ask, please contact the MCR at [mcr-president@sel.cam.ac.uk](mailto:mcr-president@sel.cam.ac.uk) if you are a postgraduate student, or complete the JCR Google form at <https://forms.gle/bXaQokuu9ntMberc8> if you are an undergraduate student. Please however try to minimise the number of errands in order to minimise footfall in your household.
- You will need to clean your own room during self-isolation (materials will be provided).
- Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. These bags must then be kept for at least 72 hours in your room (to ensure any trace of the virus is no longer active) before being put in your usual external household waste bin.
- College staff will not come into your room during self-isolation except in a medical or maintenance emergency.
- If a person in your household with potential Covid-19 symptoms receives a negative PCR test result, you will be advised by the College and you may then end self-isolation immediately. You must wait for the official College advice to end self-isolation.
- If you develop one or more of the main symptoms of Covid-19 during self-isolation, follow the steps in scenario 2.
- Update the University monitoring form (see above) with any change of status.
- If you have concerns about your wellbeing or think you need access to counselling services during the self-isolation period, please do contact your Tutor.

#### 4. If you receive a positive Covid-19 test result (from either a LFT or PCR test)

##### Immediate steps (in this order):

- If you are not already in your room, go directly to it and self-isolate.
- Call or email the Porters to advise them of your positive test result ([porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) or 01223 335846). Do not go in person to the Porters' Lodge.
- Call or email the Nurse to advise her of your situation ([nurse@sel.cam.ac.uk](mailto:nurse@sel.cam.ac.uk) or 01223 335898). Again, do not go in person.
- Call or email your Tutor and your Director of Studies.
- Update your status on the University monitoring form at <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/report-symptoms-and-get-a-test/covid-monitoring-form>.
- If you have received a **positive LFT** test result:
  - Arrange for a PCR test, which can be booked at <https://cuhstaffportal.co.uk/testrequest/>.
  - You need to receive **two negative PCR tests** following a positive LFT test in order to be released from self-isolation. Once you have received two negative PCR tests, you must contact the Porters to advise them of this result, and may then end self-isolation. In these circumstances it is recommended to continue to take daily LFT tests for the next 2-3 days.
- If you have received a **positive PCR** test result:
  - You must self-isolate for **10 days** from the date that you first experienced symptoms – or if you have not experienced symptoms, from the date that you took the PCR test.

##### During self-isolation:

- You must not leave your **room** for any reason except:
  - To use bathroom facilities if your room is not en-suite. You must **thoroughly** clean and sanitise the facilities after use. You must not use the gyp room.
  - To be moved to an en-suite room if that is considered necessary. You will be advised of the precautions to be taken in such a move.
  - To be taken to hospital, if your symptoms were to worsen significantly.
  - To exercise once a day for a maximum of 60 minutes in the gardens, keeping a safe distance from everyone else. The exercise must be taken between the hours of 6.00-8.00am or 4.00-6.00pm.
    - If you are in Cripps Court, 'gardens' means the Cripps Court gardens only.
    - If you are in Old Court, Ann's Court, Walter's Lodge, 38 or 40 Grange Road, or 17, 21 or 23 West Road, 'gardens' means the lower gardens of the main College site.
    - If you are in another hostel, it means the gardens of your hostel.
- Food and provisions will be delivered to your room. Instructions on how to order are included in Appendix 1. Orders are placed via email at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk). During your self-isolation, you may not use your gyp room. Other members of your household may continue to do so. They must not enter your room.

- If you are in isolation and find yourself in need of buddying support, you may well have friends in College who can do this in return for a promise that you would do the same for them. However, if there isn't anyone in College whom you feel you can ask, please contact the MCR at [mcr-president@sel.cam.ac.uk](mailto:mcr-president@sel.cam.ac.uk) if you are a postgraduate student, or complete the JCR Google form at <https://forms.gle/bXaQokuu9ntMberc8> if you are an undergraduate student. Please however try to minimise the number of errands.
- You will need to clean your own room during self-isolation (materials will be provided).
- Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. These bags must then be kept for at least 72 hours in your room (to ensure any trace of the virus is no longer active) before being placed outside your room in accordance with instructions you will receive from Housekeeping.
- College staff will not come into your room during self-isolation except in a medical or maintenance emergency.
- If symptoms worsen, contact the Porters by email or phone as above, or dial the NHS on 111.
- When the 10 days' further self-isolation (since the date symptoms started) has been completed, you will be advised by the College that self-isolation may end, provided you no longer have symptoms. If you still have symptoms, you will be advised as to the next steps. You may not end self-isolation until you have received this confirmation.
- Update the University monitoring form (see above) with any change of status.
- If you have concerns about your wellbeing or think you need access to counselling services during the self-isolation period, please do contact your Tutor.

5. If you are contacted by NHS Test & Trace to advise that you have been in contact with someone who has tested positive.

You are exempt from self-isolation when you have been in contact with someone who has tested positive IF one or more of the following applies:

- You have been fully vaccinated in the UK with a UK-approved vaccine and your second dose was more than two weeks ago. It doesn't matter where you received your vaccine, but it must have been one that is approved in the UK.
- You have a medical exemption from vaccination
- You are less than 18 years and 6 months old
- You have taken part in or are currently part of an approved COVID-19 vaccine trial

If none of the above apply, you MUST self-isolate by law.

Please note that in order to qualify for an exemption, you must have told us your vaccination status. If you have not told us, the College is obliged to assume that you do not meet the criteria and you will need to self-isolate in the event that you are advised that you have been in contact with someone who has tested positive.

If you do need to self-isolate, follow these immediate steps (in this order):

- Call or email the Porters to advise them that you have received the notification ([porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) or 01223 335846). Do not go in person to the Porters' Lodge.
- Call or email your Tutor and your Director of Studies.
- Update your status on the University monitoring form at <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/report-symptoms-and-get-a-test/covid-monitoring-form>.
- You must self-isolate for **10 days** from the date of the contact with the person who tested positive. This should be advised as part of the message from NHS Test & Trace.

During self-isolation:

- You must not leave your room for any reason except:
  - To use bathroom facilities if your room is not en-suite. You must thoroughly clean and sanitise the facilities after use. You must not use the gyp room.
  - To exercise once a day for a maximum of 60 minutes in the gardens, keeping a safe distance from everyone else.
    - If you are in Cripps Court, 'gardens' means the Cripps Court gardens only.
    - If you are in Old Court, Ann's Court, Walter's Lodge, 38 or 40 Grange Road, or 17, 21 or 23 West Road, 'gardens' means the lower gardens of the main College site.
    - If you are in another hostel, it means the gardens of your hostel.
- Note that other members of your household DO NOT need to isolate in this scenario.
- Food and provisions will be delivered to your room. Instructions on how to order are included in Appendix 1. Orders are placed via email at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk).
- If you are in isolation and find yourself in need of buddying support, you may well have friends in College who can do this in return for a promise that you would do the

same for them. However, if there isn't anyone in College whom you feel you can ask, please contact the MCR at [mcr-president@sel.cam.ac.uk](mailto:mcr-president@sel.cam.ac.uk) if you are a postgraduate student, or complete the JCR Google form at <https://forms.gle/bXaQokuu9ntMberc8> if you are an undergraduate student. Please however try to minimise the number of errands.

- You will need to clean your own room during self-isolation (materials will be provided).
- Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags must be placed into another bag, tied securely and kept separate from other waste. These bags must then be kept for at least 72 hours in your room (to ensure any trace of the virus is no longer active) before being put outside your room for collection by other members of your household.
- College staff will not come into your room during self-isolation except in a medical or maintenance emergency.
- If you develop symptoms during self-isolation, follow the steps in scenario 2.
- When the 10 days' self-isolation has been completed, you will be advised by the College that self-isolation may end, provided you do not have symptoms. You may not end self-isolation until you have received this confirmation.
- Update the University monitoring form (see above) with any change of status.
- If you have concerns about your wellbeing or think you need access to counselling services during the self-isolation period, please do contact your Tutor.

## APPENDIX 1 – GENERAL ADVICE FOR ANY STUDENT IN SELF-ISOLATION (ALL SCENARIOS)

### Medical support

Normally the College Nurse or the Porters should be your first point of contact for your condition. However, use the NHS111 online Coronavirus Service: <https://111.nhs.uk/covid-19> if:

- You feel you cannot cope with your symptoms without support;
- Your condition gets worse;
- Your symptoms do not improve after 7 days.

Share any advice you are given with **both** the College Nurse **and** the Porters via email.

**Only telephone the NHS 111 Helpline if you cannot get the help you need online.**

In the event of a medical emergency, **telephone 999**.

Contact the College Nurse or Porters' Lodge if you need any medical supplies. If it is necessary for someone to enter your room they will wear appropriate protective equipment.

### Keeping up with academic work

Attendance in person at College-provided teaching sessions will not be possible for the period of self-isolation. Please contact your Director of Studies/Supervisor or Graduate Tutor/Graduate Supervisor as soon as possible so that they are aware and can contact you to discuss these matters. Follow the University website for updates on preparations for on-line learning and teaching.

### Food and drink

Food and drink will be delivered to you during your time in isolation. A breakfast pack will be delivered free of charge the evening before.

Lunch and dinner and any additional food and soft drink items will be delivered to you at 50% of the normal cost. (Meals will be charged to your College bill, and the 50% discount applied to the same bill).

Daily menus are published on the College website: <https://www.sel.cam.ac.uk/life-selwyn/hall-menu/>. Email your meal choice for both lunch and dinner to the College Kitchen at [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk) between 9.00am and 10.30am Monday to Friday. Meals for Saturday and Sunday should be ordered on Fridays. Please provide your room number when placing orders. If you have any food intolerances or allergies, please bring those to our attention.

If you go into isolation after 10.30am, on the first day, you should please still email [catering@sel.cam.ac.uk](mailto:catering@sel.cam.ac.uk) as soon as you can. The email account is monitored full time during working hours and should also be picked up out of hours. Your first food order via email will be acknowledged to confirm your order has been received. Thereafter daily orders will be processed but not acknowledged unless you have any specific questions. If, exceptionally, you receive no response to your email, please contact the Porters.

Catering staff can also provide milk, canned drinks, fruit, crisps, yoghurts, mixed green salad, soup of the day and bread rolls. Non-food shop items such as deodorants, washing powder, sanitary products, hand sanitiser and notebooks are also available (at normal price) in addition to the listed menu items.

All meals will be delivered in disposable containers and left outside your room during service times. Do not order takeaway food from outside the College.

### **Library books**

Any library books you have must remain in your room and should be returned no earlier than 72 hours after the end of your isolation period.

For information on library materials and support available during your time in isolation, please refer to the support guide for isolating students at

<https://libguides.cam.ac.uk/SelwynCollegeLibrary/IsolatingStudents>

### **Emergency Maintenance**

If you have made any requests for routine maintenance repairs in your room they will be postponed. In case of a maintenance emergency such as a flood of water, contact the Porters' Lodge. Alternative accommodation may be arranged for you. If it is necessary for a maintenance operative to enter the room, they will wear appropriate PPE (personal protective equipment), and maintain a distance of over 2m from you. Please wear a face covering and open all windows to provide an airflow.

### **Mail**

Please arrange for your Student Buddy to collect any letters and parcels from the Porters' Lodge and leave them outside your room. Please minimise the number of separate errands.

### **Personal Emergency Evacuation Plan (PEEP)**

If the fire alarm sounds:

- Put on a face covering and apply hand sanitiser.
- Leave the building immediately, taking steps to avoid direct hand contact with shared door handles and bannisters outside of your isolation area wherever possible.
- Go straight to your designated emergency assembly point.
- Remain a distance of at least 2m distance from all non-isolating people during any evacuation.

When you return to your room, remove the face covering. If it is a disposable covering, place it in the black bag and leave it in your room in line with the instructions in the Isolation and Testing Guidance.

You are not required to respond to weekly Thursday tests of the fire alarm system.

## Help & Advice

<b>Coronavirus online Service</b>	<a href="https://111.nhs.uk/covid-19">https://111.nhs.uk/covid-19</a>
<b>Porters' Lodge</b>	 (01223) 335846
<b>Emergency Services</b>	 999
<b>College Nurse</b>	 (01223) 335898
<b>NHS Helpline</b>	 111

Remember to email the Porters [porters@sel.cam.ac.uk](mailto:porters@sel.cam.ac.uk) to keep the College informed of any changes during your period of self-isolation (e.g. if you start to experience symptoms, or receive a test result), as well as completing the University's Monitoring Form. This will ensure that the College has up-to-date records so that you continue to receive the support you need.

## Other Useful Contacts

Role	Name	Telephone	Email
Senior Tutor	Dr Mike Sewell	01223 335883	senior.tutor@sel.cam.ac.uk
Tutorial Office Manager	Gina Vivian-Neal	01223 335842	grv21@cam.ac.uk
Chaplain	Revd Canon Hugh Shilson-Thomas	01223 335875	chaplain@sel.cam.ac.uk
Bursar	Martin Pierce	01223 335831	mdp55@cam.ac.uk
Operations Manager	Chris Hurcomb	01223 336241	cph43@cam.ac.uk
Porters' Lodge	Duty Porter	01223 335846	porters@sel.cam.ac.uk
College Nurse	Carolyn Taylor	01223 335898	nurse@sel.cam.ac.uk
Catering			catering@sel.cam.ac.uk
Catering	Head Chef Butler	01223 335480* 01223 335862*	<i>*Please note these phones will only be answered during working hours.</i>
Librarian	Sonya Adams	01223 335880	<a href="mailto:library@sel.cam.ac.uk">library@sel.cam.ac.uk</a>

Please telephone or email the Porters' Lodge if you have any concerns or need support. The Porters' Lodge is open 24 hours a day, 7 days a week.

## **APPENDIX 2 – A LIST OF USEFUL ITEMS TO HAVE IN YOUR ROOM IN ADVANCE, IN CASE YOU ARE REQUIRED TO SELF-ISOLATE**

- A box of Lateral Flow Tests.
- A first aid kit for minor cuts and abrasions (and anything you would normally source from the Porters' Lodge or Nurse).
- Basic PPE for personal use: mask, gloves, hand sanitiser or soap.
- Phone, laptop and/or tablet.
- Clothing and bedding and towels, ideally sufficient for a two week cycle between washes (though some laundry during the period may be possible).
- Some individual cooking and dining utensils, crockery and cutlery.
- Chargers in good working order for all of your devices.
- Access to a credit card or enough cash to cover your average two week expenditure.
- 2-4 week supply of essential items, e.g. prescription medicines, contact lenses, contact lens solution, batteries, sanitary products etc.
- A list of emergency contact telephone numbers (on paper and stored in phones or on devices) – College, local, family.
- Knowledge of the fire exit plan for your residence (when you get here).
- Particular snacks that you like and other non-perishable foods, e.g. breakfast cereals, long-life milk.
- Leisure activities, including books, magazines, video games etc.
- Any other items that support your unique needs.