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 either by way of a polymerase chain reaction (PCR) test or a lateral flow device (LFD) test.
4. If you receive a Covid-19 positive test result (either PCR or LFD).
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.

**Note that the guidance set out here is based on the government guidance for England.**

**Cambridge University Asymptomatic Testing programme (for as long as it continues):**

- 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.

**Please do NOT ignore this guidance.**

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

Scenario 1 relates to initial arrival in England from outside the UK and is based on government guidance at https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19.

Scenarios 2 and 4 relate to self-isolation requirements when already resident in England and you yourself have symptoms or a positive test. They are based on government guidance at https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection, which includes the following summary diagram of current self-isolation requirements. The College guidance is aligned with this.

Scenario 3 relates to self-isolation requirements when already resident in England and when you are required to self-isolate due to a member of your student household having symptoms or testing positive. In that case, you will not have to self-isolate at all if you are ‘fully vaccinated’, and if you do have to self-isolate then the ability to exit from it early is dependent on the household member with symptoms or testing positive following the diagram above. Scenario 3 is also based on government guidance at https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection.

Scenario 5 relates to self-isolation requirements when already resident in England and being contacted by NHS Test & Trace that you have been in contact with someone who has tested positive. In that case, you will not have to self-isolate at all if you are ‘fully vaccinated’, but if not then you will have to self-isolate for the full 10 days and the diagram above does not apply. This is based on government guidance at https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works.

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This guidance will be updated as required. This version is dated 19th January 2022.
Scenario 1 – On arrival from outside the UK


At the time of writing, the rules vary depending on whether:
- You travelled from a ‘red list’ country (at the time of writing there were no ‘red list’ countries, but this may change).
- You travelled from another country but are considered ‘fully vaccinated’. ‘Fully vaccinated’ is defined in the government guidance.
- You travelled from another country but are not considered ‘fully vaccinated’.

In particular, if you travelled from a non-‘red list’ country and are considered fully vaccinated, at the time of writing you are not required to quarantine on arrival, although you are required to take a test within two days of arrival. Please read the detailed rules at the link above.

If you are required to quarantine 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 quarantine (self-isolate) for the required period (generally 10 days) from the date of your arrival at College, including the date of arrival.
- You must follow the testing rules set out on the government website above.
- 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](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.

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 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 at any time you develop Covid-19 symptoms, please follow the guidance set out in scenario 2.

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.
Scenario 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 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 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/.
- By default, you must self-isolate for 10 full days from the date you first reported symptoms. The date you first reported symptoms is ‘day 0’ no matter what time of day, and the end of self-isolation is 23:59 on day 10.
- However, you may end self-isolation early if either of the following apply:
  
  1. You take a PCR test, the result of which is negative. You may stop self-isolating as soon as you have advised the Porters of this result and have updated your University monitoring form. In these circumstances it is recommended to continue to take regular LFD tests for a period.
  
  2. Even if you have a positive PCR test result, if you no longer have symptoms you may take a LFD test on day 5. If this test is negative and a further LFD test is taken at least 24 hours later which is also negative, then you may stop self-isolating as soon as you have advised the Porters of the two results and have updated your University monitoring form. In these circumstances it is recommended to continue to take regular LFD tests for a period. See the diagram on page 2 for further details.

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. 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 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 negative test result(s) in line with one of the two scenarios set out in the ‘immediate steps’ section above, please advise the Porters (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 early until you have advised the Porters and updated the University monitoring form with any change of status.

- Otherwise, when the 10 full days’ self-isolation 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.

- 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.
Scenario 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 LFD 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 with a UK-approved vaccine and your final dose was more than two weeks ago.
- 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 or 01223 335846). Do not go in person to the Porters’ Lodge.
- Call or email your Tutor and your Director of Studies.
- By default, you must self-isolate for 10 full days from the date the member of your household reported symptoms or took a test. This date is ‘day 0’ no matter what time of day, and the end of self-isolation is 23:59 on day 10.
- However, you may end self-isolation early provided that you continue to have no symptoms and if the person who thinks they may have Covid-19 symptoms, or received a positive test result, meets one of the criteria to end their self-isolation early.

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. 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. 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 if you are a postgraduate student, or complete the JCR Google form at https://forms.gle/bXaOokuu9ntMberc8 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 clothes 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 is allowed to end their self-isolation early by meeting one of the criteria to do so, you will be advised by the College and you may then also end self-isolation immediately. You must wait for the official College advice to end self-isolation.

- Otherwise, when the 10 full days’ self-isolation 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.

- 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.
Scenario 4 – If you receive a positive Covid-19 test result (from either a LFD 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 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 or 01223 335898). Again, do not go in person.
- Call or email your Tutor and your Director of Studies.
- The rules are the same, whether you have received a positive LFD or PCR test.
- By default, you must self-isolate for 10 full days from the date you either first reported symptoms or from the date of your test (whichever was earlier). This date is ‘day 0’ no matter what time of day, and the end of self-isolation is 23:59 on day 10.
- However, you may end self-isolation early if you have no symptoms and take a LFD test on day 5. If this test is negative and a further LFD test is taken at least 24 hours later which is also negative, then you may stop self-isolating as soon as you have advised the Porters of the two results and have updated your University monitoring form. In these circumstances it is recommended to continue to take regular LFD tests for a period. See the diagram on page 2 for further details.

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. 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 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.
- If you no longer have symptoms and have received two negative LFD test results as set out in the ‘immediate steps’ section above, please advise the Porters (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 early until you have advised the Porters and updated the University monitoring form with any change of status.
- Otherwise, when the 10 full days’ self-isolation 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.
- 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.
Scenario 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 someone with whom you have been in contact tests positive IF one or more of the following applies:

- You have been fully vaccinated with a UK-approved vaccine and your final dose was more than two weeks ago.
- 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):

- Call or email the Porters to advise them that you have received the notification (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.
- You must self-isolate for 10 full days from the date of the contact with the person who tested positive. The date of the contact is ‘day 0’ whatever the time of day of the contact, and the end of self-isolation is 23:59 on day 10. The date on which you can end self-isolation should be advised as part of the message from NHS Test & Trace.
- There are no options for ending self-isolation early as there are in scenarios 2-4.
- However, it is recommended that you get tested (either PCR or LFD), even if you have no symptoms, in order to establish whether or not you have Covid.
- Note that other members of your household DO NOT need to isolate in this scenario whatever their vaccination status.

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.

- 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.

- 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 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 full days’ self-isolation have 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 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 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 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.

This guidance will be updated as required. This version is dated 19th January 2022.
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

**Coronavirus online Service**  [https://111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)

**Porters’ Lodge**  ☎️ (01223) 335846

**Emergency Services**  ☎️ 999

**College Nurse**  ☎️ (01223) 335898

**NHS Helpline**  ☎️ 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**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Tutor</td>
<td>Dr Mike Sewell</td>
<td>01223 335883</td>
<td><a href="mailto:senior.tutor@sel.cam.ac.uk">senior.tutor@sel.cam.ac.uk</a></td>
</tr>
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<td><a href="mailto:catering@sel.cam.ac.uk">catering@sel.cam.ac.uk</a></td>
</tr>
</tbody>
</table>
| Catering           | Head Chef Butler                   | 01223 335480*   | *Please note these phones will only be answered during working hours.
|                    |                                     | 01223 335862*   |                              |
| Librarian          | Sonya Adams                        | 01223 335880    | library@sel.cam.ac.uk        |

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.

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This guidance will be updated as required. This version is dated 19th January 2022.
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 Device (LFD) 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 10 day cycle between washes.
• Some individual cooking and dining utensils, crockery and cutlery.
• Chargers in good working order for all of your devices.
• Access to a credit/debit card, and/or enough cash to cover your average 10 day expenditure.
• 2-3 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.
• 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.