



Selwyn College Cambridge

## 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](mailto: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. A face covering should be worn when you are in the Porters' Lodge, and in the servery and bar until you are seated and eating/drinking.

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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