Selwyn College Cambridge

Novel Coronavirus (Covid-19)
Key Information for Residents in Self-Isolation

You are self-isolating because you are in one of the five scenarios set out in the College’s Isolation and Test guidelines, which can be found at https://www.sel.cam.ac.uk/about/finances-and-governance/covid-19-information i.e. because you or one of your household has symptoms of Covid-19 or has tested positive for Covid-19, or because you are quarantining following arrival from a country not on the exempt list for England. The symptoms are:

- a new continuous cough, this means you’ve started coughing repeatedly, or
- a high temperature of 37.8C or higher (you feel on your chest or back), or
- a loss of, or change in your normal sense of taste of smell (anosmia).

This leaflet gives tells you how the College will support you during your period of isolation and should be read in conjunction with the Isolation and Test guidelines.

What should I do?

You need to follow the rules set out in the College’s Isolation and Test guidelines. What you need to do will be different according to your scenario.

Medical support

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 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.
**Wellbeing**

You should be contacted by a Student Buddy who will keep in touch with you throughout self-isolation and can help run errands. If you are not contacted by a Student Buddy, please contact your Tutor and the JCR/MCR Welfare Officer.

Keep in touch with family and friends. The College Tutors continue to be available, sometimes with cover from Duty Tutors. 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 24/7.

**Keeping up with academic work**

Attendance in person at College provided teaching sessions will not be possible for the period of self-isolation. Your Director of Studies or Graduate Tutor or Graduate Supervisor will make swift contact to discuss these matters. Follow the University website (above) 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. 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/)

Email your meal choice through to the College Kitchen catering@sel.cam.ac.uk between 9.00am – 10.30am Monday – 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. 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.

Catering staff can also provide milk, canned drinks, fruit, crisps, yoghurts, mixed green salad, soup of the day and bread rolls, as well as non-food shop items such as deodorants, washing powder and notebooks in addition to the listed menu items.

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

**Library books**

Any library books you have must remain in your room.

**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.
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.

Personal Emergency Evacuation Plan (PEEP)

If the fire alarm sounds:

- Put on a face covering and a new pair of vinyl gloves (supplied in the self-isolation pack)
- 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 and gloves, place them in the black bag and leave them in your room.

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
Porters’ Lodge ☏ (01223) (3) 35846
Emergency Services ☏ 999
College Nurse ☏ (01223) (3) 35898
NHS Helpline ☏ 111

Remember to email the Porters 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). 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>
<tr>
<td>Chaplain</td>
<td>Revd Canon Hugh Shilson-Thomas</td>
<td>01223 335875</td>
<td><a href="mailto:chaplain@sel.cam.ac.uk">chaplain@sel.cam.ac.uk</a></td>
</tr>
<tr>
<td>Tutorial Office Manager</td>
<td>Miss Gina Vivian-Neal</td>
<td>01223 335842</td>
<td><a href="mailto:grv21@cam.ac.uk">grv21@cam.ac.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Porters’ Lodge</td>
<td>Duty Porter</td>
<td>01223 335846</td>
<td><a href="mailto:porters@sel.cam.ac.uk">porters@sel.cam.ac.uk</a></td>
</tr>
<tr>
<td>College Nurse</td>
<td>Carolyn Taylor</td>
<td>01223 335898</td>
<td><a href="mailto:nurse@sel.cam.ac.uk">nurse@sel.cam.ac.uk</a></td>
</tr>
<tr>
<td>Catering</td>
<td></td>
<td></td>
<td><a href="mailto:catering@sel.cam.ac.uk">catering@sel.cam.ac.uk</a></td>
</tr>
<tr>
<td>Catering</td>
<td>Head Chef Butler</td>
<td>01223 335480*</td>
<td>01223 335862*</td>
</tr>
</tbody>
</table>

*Please note these phones will only be answered during working hours.

Please telephone or email the Porters’ Lodge if you have any concerns or need support.

**Updated 12/10/2020**