

GUIDANCE ON SELF AND HOUSEHOLD ISOLATION

Please keep up to date with the evolving PHE guidance on [how to protect yourself and others from coronavirus](#) and on [social distancing](#).

How COVID-19 is transmitted and how to reduce risks

COVID-19 is transmitted in three ways:

1. **Direct person-to-person contact** - if an infectious person breathes droplets on you or you pick them up through physical contact with an infectious person.
2. **Contact with a contaminated surface** - if you touch a surface contaminated with the virus and then touch your nose, eyes or mouth, you may be infected.
3. **Aerosol transmission** - fine droplets of liquid containing virus are breathed out, form an aerosol and are carried through the air. You may become infected if you breathe these in.

If you are further away from someone there's less risk of catching the virus from droplets or aerosol transmission. However, *distance* isn't the only thing that matters.

- *Duration* - the longer you are close to an infectious person, the higher the risk.
- *Fresh air* - the risk is lower if you are outdoors, or in a well ventilated area,
- *Direction* - the risk is lower if you are not face-on with the infectious person

The risk of transmission is small at 2m and where possible, you should maintain 2m distance.

If it is not possible to keep 2m distance, reduce the risk to yourself and others at 1m by taking suitable precautions:

- Limit the number of people or households that you come into contact with, e.g. avoid peak travel
- Sit / stand side by side or behind other people, rather than facing them
- Meet people outdoors, rather than indoors
- Keep interactions brief
- Wear a face covering on public transport, in shops or crowded indoor environments
- Increase ventilation
- Avoid loud talking or singing with others

To minimise the risk of transmission via surface contact, you should:

- Regularly wash your hands using soap and water or use hand sanitiser
- Avoid touching surfaces and do not touch your face
- Dispose of waste safely, including items such as paper face masks or gloves

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.

SELF ISOLATION GUIDANCE

WHAT TO DO IF YOU HAVE SYMPTOMS OF CORONAVIRUS, HAVE A POSITIVE TEST OR ARE TOLD TO SELF ISOLATE BY NHS TRACK AND TRACE

<https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/if-you-test-positive-for-covid-19>

THE DIFFERENT TYPES OF ISOLATION

SELF ISOLATION (Positive covid test result) - legal requirement to self isolate for 10 days. Initiates Household isolation *.

SELF ISOLATION (symptomatic) - legal requirement to self isolate for 10 days if become symptomatic but subject to testing and can be released if symptoms not those of Covid 19. Initiates Household isolation *.

SELF ISOLATION (precautionary due to close contact with positive case) - legal requirement to self isolate for 10 days from the day you last saw the person who has tested positive

HOUSEHOLD ISOLATION - legal requirement to isolate for 10 days within the Household if one of more members of the Household are tested positive OR begin to exhibit symptoms prior to testing.

QUARANTINE - legal requirement to quarantine for 10 days if arriving from overseas. You may be required to follow the government's quarantine requirements which can be found at <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors>. There are also now travel bans on arrivals from some countries.

For the latest go to [Foreign travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk/foreign-travel-advice)

On arrival at college, you may be required to quarantine in a different household from your own. If you take part in the testing programme a negative test will not give you early release from quarantine – you will still need to see out the full isolation period.

SOCIAL ISOLATION - this is a requirement from College for all arrivals who are not placed into quarantine (due to their place of departure) to self-isolate on arrival in College for 10 days or until they have received a negative Covid test result. This may not be in your own room A microwave and fridge will be provided in your room as you cannot use communal kitchens during this period. You can also order food for delivery from the catering team. You may not access library or study areas.

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.

Main symptoms Most people with coronavirus have at least 1 of these symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

What to do if you have symptoms

- ✓ **Get a test to check if you have coronavirus as soon as possible.** Testing should be accessed quickly through the University. The University will also offer a test even if you have only 'flu like signs.
- ✓ [Lent Term 2021 COVID-19 testing arrangements | University of Cambridge](#)
- ✓ **Stay at home and do not have visitors** until you get your test result – only leave your household to have a test.
- ✓ Please **PHONE** the relevant Porters' Lodge (College **338899**, Swirles **760021**) to advise them you are self-isolating, and let them know your reasons and symptoms, if any. The Porters will then generate an incident report to alert your Tutor, the duty Tutor and relevant College staff. The College Covid administrator will notify those who share kitchen and bathroom facilities with you. **It is important that you are very clear about your reasons for self-isolating, and your symptoms because this will determine whether your neighbours also need to self isolate.**
- ✓ Please place a note on your room door saying "SELF ISOLATING, DO NOT ENTER"
- ✓ In Full term, normally the nurses will be informed and will contact you if you have symptoms, but please note they work at limited times, so it may not be on the day you notify us.
- ✓ You will be issued with a 'Student Support Pack' when entering self-isolation with symptoms– this pack contains the following items:
 - 1 pack antibacterial wipes and box of tissues
 - Gloves and Paper Masks
 - Bin bags
 - Small Hand sanitiser
 - Digital thermometer – only for students with symptoms. (We have a limited supply of these. It is important that you sanitise these and return these in the pack to the lodge when you leave self isolation, to allow them to be further sanitised and reused.)

Note: The College is aware that you may develop symptoms which may be related, or completely unrelated, to Coronavirus. Irrespective of the type of symptoms, you should report any symptoms immediately to the College Nurse, NHS 111, or otherwise contact the Porters' Lodge via the telephone or email. When no nurses are on site, you will need to contact NHS 111 directly and make the porter aware.

If you are informed by NHS 111 that you require an ambulance please contact the Porters' Lodge immediately via the telephone or email to inform them, so they can assist you with any arrangements.

- If you need Emergency tutor assistance contact the duty tutor (via the Porters' lodge)

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.

IMPORTANT INFORMATION (for both Individual and Household)

Contact & Emergency Evacuation

- ✓ Please remain inside your room FOR AT LEAST **10 DAYS** FROM THE START OF YOUR SYMPTOMS and at all times, except to use the designated bathroom if your room is not *en suite*
- ✓ You are not to visit any shared spaces in the College or Swirles, including the Porters Lodge
- ✓ Please avoid contact with other people. You are instructed to do this whether or not you are experiencing any symptoms.
- ✓ You are not to receive in-person visitors to your room, but members of your household can talk to you through the closed door and all friends can contact you online.
- ✓ When you leave your room to use a bathroom you are asked to wear a fresh paper face mask. Wash your hands carefully before leaving and returning to your room, avoiding face-to-face contact with others at all times and maintaining a minimum 2 metres distance others.
- ✓ At the start of your isolation, the Head Porter will notify you about your evacuation point in the event of an emergency (e.g. fire alarm). You should aim to remain at least 5-10 metres distant from all other people during an evacuation and should take steps to avoid direct hand contact with shared door handles outside of the isolation area (for example, wearing a clean set of disposable gloves). Stand well away (5-10 m) from others at the assembly point

Shared Bathroom

- ✓ If you usually share a bathroom, the College will organise for you to have sole use of a cubicle and shower but if this is not possible we will aim to move you to an available *en suite* room
- ✓ Any bathroom facilities provided for your sole use will have a notice on the door stating: "Self-isolation bathroom for use of Room xxx Do Not Enter". Please do not be worried about this, this is purely precautionary and to prevent other people from entering or using these facilities.

Catering & Food Delivery.

- ✓ You can order food from the cafeteria via the Upay Order Ahead app, - please check information on the Catering moodle [Course: Girton College Catering, Topic: Lent Term Cafeteria Information for students \(cam.ac.uk\)](#)
- ✓ Or your friends may be willing to cook for you.
- ✓ If food is being delivered to you it will be brought to your household and either left outside your door by a household member (at agreed times), or outside the flat door, if the rest of the household is in isolation.
- ✓ The food will be served in the takeaway vegware boxes with compostable vegware cutlery that will go into your rubbish/recycling after each meal. Food rubbish should be bagged and sealed in the smaller rubbish bags before being placed in the black bin liner.
- ✓ You must open the door to get your food until the person delivering has told you they are leaving the vicinity.
- ✓ If you do not have a kettle or fridge in your room this will be provided within 24 hrs of your isolation notice, together with a microwave oven, subject to availability.
- ✓ You may arrange for food delivery at your own expense from a commercial site, eg Just Eat, Deliveroo etc – please notify the Porter when you make your order and also when the driver is near so that the Porter can meet and direct the driver.

Support

- ✓ You will receive support for delivery of provisions, equipment and any other personal items that you may require to outside your door.
- ✓ You will be contacted by a Tutor (or other members of the Tutorial Office) to assist you in connecting with any pastoral support needs.

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.

- ✓ Any worsening symptoms, of whatever nature, should be reported to NHS 111, and the College Nurse (via ringing or emailing the Swirles Lodge if out of hours). When no nurses are on site, you will need to contact NHS 111 directly and make the porter aware.
- ✓ **Housekeeping and waste:** you will be responsible for cleaning your own room, bathroom and toilet. General rubbish should be double bagged (using the bags provided) and remain in your room until the period of isolation is over.
- ✓ **Laundry** – everything that is in your room, including laundry, must stay in with you until the self isolation period is ended. If you have a sink in your room, College will provide handwashing detergent for small items. If you are running out of clean clothes please let your Tutor know and we will provide emergency spares.

<https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/if-you-test-positive-for-covid-19>

HOUSEHOLD ISOLATION AT GIRTON

WHAT TO DO IF MEMBER OF YOUR COLLEGE HOUSEHOLD HAS SYMPTOMS OF CORONAVIRUS OR HAS A POSITIVE TEST

A **household** can be defined as those sharing bathrooms and/or a kitchen.

At **College** = all rooms on the corridor sharing a kitchen

At **Swirles** = each of the rooms sharing a kitchen in the cluster flats and

Small Houses = whole house, Larger Houses (Grange, Girton Gate) Each floor or floors sharing the kitchen.

If someone in your household, as defined above, self isolates **with Covid-19 symptoms**, the **whole household** must also self-isolate, for **10 days**.

If you have no symptoms, you may continue using the kitchen keeping socially distanced but you may not leave the flat/house/corridor except for daily pre booked outdoor isolation exercise (you will be notified about how to book exercise slots and where to exercise approximately 24-48 hours after confirmation of an individual positive test in your household.)

No one will be allowed to enter your flat/house/corridor so you will need to do your own cleaning. Rubbish must be double bagged and placed outside the Household door/boundary for collection. The housekeepers will leave cleaning supplies, bin bags and loo rolls at the entrance to the household This is also where self-isolation supporters will leave shopping and meals.

Please read the information above for further details on contact and emergency evacuation, shared bathroom, catering and food delivery and support including laundry.

If you develop symptoms during the 10 day period (even if on day 9) you must then self isolate in your room for 10 days as above and you must not go out for daily exercise.

Cleaning and routine maintenance will recommence 3 days after the last person in the household is free of symptoms and comes out of isolation.

If someone in your household self isolates **without Covid-19 symptoms**, as a **precautionary** measure, there is no need for others in the household to self isolate unless so advised by NHS 111

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.

- A.** This is the email you will receive if someone in your house/flat/corridor self isolates **with symptoms**

SUBJECT Urgent Notification re Covid-19 self isolation

Someone in your household has notified that they have been advised to self isolate, with Covid-19 symptoms. This means that you must also self isolate in the flat/corridor/house for a minimum of 10 DAYS and although you may continue using the kitchen, segregated from others, you may not leave the household, to avoid possibly spreading the infection to the wider community. Please follow government guidelines for self isolation in households.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

If you develop relevant symptoms, you must self isolate in your own room for the 10 days from the start of your symptoms.

A Tutor will be in touch with you and the College will provide you with as much support as possible at this difficult time. Please do ring the porters for advice if you are not sure what to do

- B.** This is the email you will receive if someone in your household self isolates **without symptoms** :

SUBJECT Advisory notice of Covid-19 self isolation

Someone in your household has notified that are self isolating in their room as a precautionary measure. They currently have no Covid-19 symptoms. Please note that if they develop symptoms, you will be notified to self isolate for a minimum of 10 days. You are urged to be extra careful about social distancing and to wash your hands frequently and thoroughly. See the guidance at <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing>

A Household in isolation must not end isolation, even if the person with symptoms tests negative, before the College gives the go ahead. This is because there may be other members awaiting test results.

In all cases, you must not go to work or attend other public spaces if you or a member of your household has tested positive or are symptomatic.