

Updated 12/02/21

Girton College Arrangements for Quarantine in College Accommodation

We are looking forward to welcoming international students back to College. Some of you are required to enter precautionary self-isolation (quarantine) on arrival back in College. Please be assured that the College is well prepared for this and we have systems in place to support you.

Please read **all** the guidance below. Students returning to College accommodation who need to quarantine should discuss it with their Tutor and then book arrival using the arrival form – the link will be emailed to you by the Accommodation Manager.

At the moment, we are unable to offer College accommodation for quarantine to students who will be living in private accommodation, but please let your Tutor know your quarantine plans, address and arrival date so that we can support you.

When to arrive

If you are required to quarantine, we encourage you to arrive at least 10 days before the official start of your course.

Quarantine outside College accommodation: You may quarantine anywhere in the UK: with friends, with family, in your own private accommodation or in a hotel. If you plan to quarantine outside of College, please inform us of your arrival date and forward a copy of your Public Health Passenger Locator form in a message to: tutorial@girton.cam.ac.uk – marking your email “quarantine query”

Quarantine – UK Government guidance

The UK currently requires students arriving from all countries outside the UK (excluding Ireland) to spend 10 days in quarantine. This is in order to limit transmission of Coronavirus by those who have potentially been exposed to it, travelling from or through a country. During this time students must self-isolate and must follow government guidance that places specific restrictions on their movements: <https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>

The Government regulations and advice can be found at: <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors> Please keep checking the site frequently before you travel to the UK, because the list of countries exempt from the quarantine requirement changes with little advance notice. The government is looking to introduce mandatory quarantine in hotels for arrivals from some countries.

There are now travel bans in place for arrivals from some countries. Further information is available at: <https://www.gov.uk/guidance/transport-measures-to-protect-the-uk-from-variant-strains-of-covid-19#travel-bans-to-the-uk---banned-countries>

Note the requirement for all travellers entering the UK from abroad to complete an online Public Health Passenger Locator form with your journey and contact details 48 hours before arrival in the UK. The online form is located here: <https://www.gov.uk/provide-journey-contact-details-before-travel-uk>

When you arrive in England, if you are required to quarantine, you should go straight to the place where you are staying. Government guidance is to use public transport only if there is no

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alternative. When using public transport in the UK, everyone must wear a face covering and stay 2 metres apart from other people. Be sure to pack a face covering or scarf to cover your nose and mouth before you travel. Everyone arriving from abroad (whether required to quarantine or not), should familiarise themselves with UK regulations for face coverings before their journey to the UK: <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

If you have symptoms of coronavirus infection you should not travel. If you develop coronavirus symptoms while in transit to England, tell one of the crew on your plane, boat, train, or bus. They will let staff in the airport, port or station know, so they can tell you what to do when you arrive. If you have coronavirus symptoms you will not be allowed to travel by public transport and will need to demonstrate that you have suitable accommodation for self-isolation.

From the 15th December there is a Test and Release system in place:

<https://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel> Under this scheme after quarantining for 5 days you can book a private covid test (this will be at your own expense) and if it is negative you can then stop quarantining. Unfortunately the tests run by the University would not allow you to be released from quarantine, you would have to book and pay for a separate test. If you take a test and the result is negative please email the test result to covid@girton.cam.ac.uk so it can be confirmed that you no longer have to quarantine. Please be aware that arrivals from some countries are not able to use this scheme.

The policies set out below for quarantine in College accommodation have been developed following extensive consultation by University representatives with Public Health England, with other Colleges and within Girton to ensure that we have the capacity to provide the support students may require.

Quarantine in College:

Arrival Students required to enter quarantine may be housed in accommodation which is not their term time room. On arrival at College or Swirles Court, go to the Porters' Lodge, where social distancing measures are in place and there is a hand sanitiser station to use before approaching the desk. The Porter will check you in and direct you to your room. You must wear a face covering until you are in your room and maintain 2m distance from the Porter at all times. On arrival in your room please check that your phone and/or internet connections are all working satisfactorily, so that we can communicate with you. The Porter will test this an hour after your arrival and will issue you with a temporary phone if there is a problem.

If you have developed symptoms of Coronavirus en route but have been able to travel from the airport to Girton, please phone the Porters in advance of your arrival to advise, and they will then take additional precautions when you arrive.

Your room / household and quarantine

- All rooms this year are arranged in **households** of up to 8 students sharing a kitchen (and bathroom facilities if rooms are not *en suite*).
- You must stay in your room for **10 days** (unless you use the test and release scheme), leaving your room only to visit your designated household bathroom.
- You will be provided with a small fridge, microwave and kettle in your room.

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- You **must not leave your household** to visit another household or go to the cafeteria, gym, library etc.
- Your room door will have a sign saying “In quarantine until (date)” and your designated bathroom will have a sign to say “for use by room number xxx only”
- In your room you will find a quarantine pack containing hand sanitiser, disposable face masks and gloves, rubbish bags, and sani wipes. When you leave your room to use the bathroom you must wear a fresh mask, clean your hands thoroughly and carry sani wipes to clean touch points such as door handles and switches, taps etc. as you go.
- **Bathroom:** If your room is not *en suite*, there will be a bathroom designated for your use only during the quarantine period, and cleaning materials will be left for you to clean it before and after each use.
- **Meals:** The Catering department is doing food deliveries for students required to quarantine. You cannot pick these up in person, but you may order meals, snacks and groceries from the College kitchen via the UpayOrder Ahead App and these will be delivered once per day to a designated collection point in your household (this will be notified on arrival). Meal charges are deducted from your UPay credit balance (£500), and are charged on your College bill.
- **Contact.** It is important to avoid in person contact with other people as much as possible while in quarantine in order to reduce the risk of transmitting coronavirus. People in your household will be able to speak to you through the closed door and you will have details of online activities and support in your room pack. Shortly after your arrival your Tutor, or another member of the pastoral team will contact you to make sure you are well, have everything that you need and to arrange a schedule for further welfare checks.
- **Emergency evacuation.** On arrival, you will find in your room a Personal Emergency Evacuation Plan (PEEP) which explains the route out if the fire alarm rings. The Head or Deputy Head Porter will contact new students as soon as possible after arrival to go through this with you and the zoom link for this meeting this will be notified on your PEEP. In an emergency, you must exit the College touching as little as possible, wearing a mask and maintain as much distance as possible from others. At the assembly point, stand well away from others and follow the Porter’s instructions.
- **Rubbish removal.** Please keep general waste double bagged in your room until the end of your quarantine period. We appreciate that this is quite unpleasant, but if you develop virus symptoms it is important that your rubbish stays with you and is not immediately handled by others. We can supply additional bags as often as you need them.
- **Used face coverings and disposable gloves** should be double bagged separately in your room until you have completed quarantine. At the end of the quarantine period, assuming you have not developed virus symptoms, all rubbish may be disposed of in the designated bins and we will assist you with this.

Exercise outside in quarantine. Unfortunately it is not possible for students quarantining in College to exercise outside because of numbers on site and transmission risk. We will let you know if this changes.

Maintenance requests (fault reporting): If something is not working in your room, bathroom or kitchen please notify the maintenance department using this link:

<https://www.girton.cam.ac.uk/college-members/requests-and-forms/college-maintenance-requests>

The maintenance team are aware of quarantine locations and will prioritise emergency repairs eg blocked WC, faulty microwave or leak for students in isolation with no access to alternative facilities. Non-emergency repairs will be left until you have completed quarantine. To complete an emergency repair in your room the maintenance person will arrive in full protective gear and will require you to stand at 2m distance, or outside your room and wear your face covering while they are working.

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IT support. The IT team will test your Ethernet port before you arrive and there are details on Moodle of set up checks and installations you can do yourself prior to arrival. If you have problems, email ithelp@girton.cam.ac.uk - please be reassured that students in self isolation will be prioritised for emergency IT support, so make sure your email notes that you are in quarantine and we will do our best to get you back online as soon as possible.

Laundry rooms You cannot use the shared laundry rooms whilst in quarantine, so please make sure you have sufficient towels, clothes and bedlinen. If you run short, please email houseservices@girton.cam.ac.uk and we will do our best to help.

Medication: Please ensure you have a minimum 2 week supply of your usual prescribed medication. If you run out or if you fall ill with a non-covid symptom, the nurses will be pleased to advise you remotely. Contact details and surgery hours will be notified on or before your arrival.

Post and Parcels Once per day, probably late afternoon, the Porters will deliver any post or parcels for you to a secure designated collection point in or just outside your household and will then phone/text you to let you know they are there. Please be aware that sometimes delivery companies such as Amazon sometimes notify delivery before parcels have actually arrived.

Quarantine welfare support

Tutors will check in with new students by email and offer a Zoom or Skype meeting soon after you begin your quarantine to discuss any concerns you may have. You may contact them by email at any time after your arrival to ask questions or request a follow-up meeting.

Porters are on site 24/7. Please contact them at any time with any concerns at 01223 338899 (Main Site) or 01223 760021 (Swirles Court).

This link is a useful resource for those in isolation.

<https://www.studentwellbeing.admin.cam.ac.uk/support-particular-issues/coronavirus-covid-19>

Action for Students who develop symptoms of coronavirus while in quarantine

- Phone the Porters' Lodge at your site to inform them, so they can advise and support you
- You will need to self-isolate for **10 days** from the first day of symptoms, unless you test negative for coronavirus.
- Follow the [University's instructions to schedule a quick, free test](#)
- Follow the instructions on the College website Coronavirus page for students with symptoms