

SELF ISOLATION IN COLLEGE ACCOMMODATION

The information below is in 3 sections

- 1) **What to do if you have symptoms of coronavirus or have a positive test**
- 2) **What to do if a member of your household self isolates with symptoms or a positive test**
- 3) **What to do if you, or a member of your household is instructed to self isolate by NHS track and trace.**

SECTION ONE

WHAT TO DO IF YOU HAVE SYMPTOMS OF CORONAVIRUS OR HAVE A POSITIVE TEST

- ✓ Please **PHONE** the relevant Porters' Lodge (College **01223 338899**, Swirles **01223 760021**) to advise them you are self-isolating, and let them know your reasons and symptoms, if any. The Porters will then notify relevant staff (including the nurses in Full term) and the students who live with you will also be notified.
- ✓ Please fill in the University monitoring form [here](#). This will trigger contact tracing
- ✓ Arrange a PCR test:
 - Mon-Thu via covidtest@girton.cam.ac.uk or directly with the porters. The test will be delivered to your door and collected at 12 noon Mon-Thu.
 - Fri – Sun [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-PCR-test-to-check-if-you-have-coronavirus-covid-19)

If your confirmatory test is negative

- ✓ Notify covid@girton.cam.ac.uk who will let you know if you can exit self isolation – this may depend on whether or not you have ongoing symptoms, your vaccination status and the extent to which others in your household are affected.
- ✓ If you are notified to continue self isolating by NHS test and trace it is a legal requirement to do so.

If your confirmatory test is positive

- ✓ **You must self isolate in your room.** If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days, exiting at 23:59 on the 10th day, if you no longer have symptoms.
- ✓ You will be supplied with sanitiser, wipes, and bin bags. If you need additional cleaning materials please email covidsupplies@girton.cam.ac.uk
- ✓ If your room is not *ensuite* College staff will designate a bathroom for your use. When you leave your room to use a bathroom you must wear a face covering, sanitise your hands carefully before leaving and returning to your room, and avoid contact with others.
- ✓ You must not use the shared kitchen, College staff will supply a fridge, kettle, microwave (and bottled water if you have no water supply in your room).
- ✓ You are not to visit any shared spaces in the College or Swirles, including the Porters Lodge.
- ✓ Post will be delivered to outside your door once a day.
- ✓ You must not 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.
- ✓ 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 2 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+ m) from others at the assembly point.
- ✓ General rubbish should be double bagged (using the bags provided) and remain in your room until the period of isolation is over.

Catering & Food Delivery.

- ✓ You can order food from the cafeteria via the Upay Order Ahead app. or your friends may be willing to cook for you. **{Please note that until 6th September 2021, during main kitchen building works. the order ahead app is not operational for isolation deliveries and you will need to email kitchens@girton.cam.ac.uk to arrange a food delivery or you can contact the Catering Office by phone on 01223 332994 or 338966/7 or the Social Hub 01223 338908}**
- ✓ When food is being delivered to you it will be brought to your room and left outside your door by a household member (at agreed times), or outside the flat door.
- ✓ The food will be served in the takeaway vegware boxes with disposable cutlery that will go into your general rubbish 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 not come to get it until the person delivering has told you they are leaving the vicinity..
- ✓ You may arrange for food delivery at your own expense from a commercial site, eg Just Eat, Deliveroo etc – please notify the Porter or a friend when you make your order and also when the driver is near so that the Porter/friend 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, via your Tutor and your friends.
- ✓ In addition you will be contacted regularly by your Tutor (or other members of the Tutorial team) to assist you in accessing any pastoral support needs.
- ✓ Any worsening symptoms, of whatever nature, should be reported to NHS 111, and the Porters, even if these are completely unrelated to coronavirus.
- ✓ The Porters are trained first aiders and will respond 24/7 should you need urgent medical assistance..
- ✓ 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.

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

SECTION TWO

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

A **household** is 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 or a positive test you will be notified and you must arrange a PCR test straight away.

- ✓ Arrange a PCR test:
 - Mon-Thu via covidtest@girton.cam.ac.uk or directly with the porters. The test will be delivered to your door and collected at 12 noon Mon-Thu.
 - Fri – Sun [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- ✓ Please remain within your household while you are awaiting your test results -usually within 24 hours. (You may exit only to go and take a test at the weekend if you have booked one at a test centre). You should avoid contact with others because you are currently at a higher risk of having

been exposed to the virus and you may be infectious, even if you have no symptoms or have tested negative on a self administered Lateral Flow test.

- ✓ Please take extra precautions in the household, keep to your room as much as possible, keep the household scrupulously clean and well ventilated and use the kitchen one at a time. [How to avoid catching and spreading coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](#)
- ✓ Your household will be on **RED** status if someone has Covid-19. No one will be allowed to enter your flat/house/corridor to avoid transmission risks 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 your self-isolation supporters will leave shopping and meals.

If your confirmatory PCR test result is positive

You must self isolate for at least 10 days, following the guidance above for people who have had a positive test result.

If your confirmatory PCR test result is negative

You must isolate in the household for 10 days, as detailed above, unless.

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

If you are in one of these categories and your confirmatory PCR test is negative please contact the covid help desk, COVID-Helpdesk@admin.cam.ac.uk and copy in covid@girton.cam.ac.uk and await advice as to whether you can exit self isolation.

- ✓ If you are advised that you do not need to self isolate please continue to take extra precautions throughout the period of your housemate's isolation, take lateral flow tests every couple of days, minimise contact with others indoors, wear a face covering indoors outside your room and be vigilant for symptoms. This is because you may have been exposed to the virus and you may develop active virus. You can request a second PCR test 5 days after the first one, to check.
- ✓ No visitors are allowed into a household where someone is self isolating with covid-19. Visitors may be invited in again 2 days after the last person in the household is free of symptoms and exits isolation.
- ✓ If you are isolating but have no symptoms and have tested negative you will be able to exercise outside daily during your isolation at certain times and in designated areas as advised by covid@girton.cam.ac.uk. In Swirles Court this should be on the lawn in the B block courtyard. Please avoid the main paths. You must wear a face covering at all times and maintain a minimum of 2 meters distance from others and have no social interaction with other people. On exiting and re-entering your household please make sure that you sanitise your hands and avoid touching surfaces. You cannot leave the College / Swirles Court grounds unless you are going for or posting a Covid test.
- ✓ Cleaning and routine maintenance will recommence 2 days after the last person in the household is free of symptoms and comes out of isolation.

SECTION THREE

WHAT TO DO IF YOU OR SOMEONE IN YOUR HOUSHOLD IS INSTRUCTED TO SELF ISOLATE AS A CONTACT BY NHS TRACK AND TRACE

- ✓ If you are contacted by NHS Test and Trace and instructed to self isolate, you must do so, (it is a legal requirement) following the advice in Section One above. If you test negative for Covid-19 during your isolation you must continue to isolate for the full 10 days, regardless of your vaccination status. Please ensure that you fill in the University covid monitoring form and notify the College as in Section one above.

WHAT TO DO IF SOMEONE IN YOUR HOUSEHOLD IS NOTIFIED TO SELF ISOLATE BY NHS TRACK AND TRACE

- ✓ If someone in your household self isolates as a contact **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. You will be advised by College that someone is self isolating as a precaution.
- ✓ You should take normal precautions, take a lateral flow test twice a week, wash hands frequently and thoroughly, avoid close contact, keep the household well ventilated and clean and take immediate action as in section one above if you develop covid symptoms.
- ✓ Your household will be on **AMBER** status if someone is isolating as a precautionary measure, or is in travel quarantine, Staff will enter as normal to carry out cleaning and maintenance and you can have visitors.

Junior Bursar August 20th 2021