

Updated 01/11/21

Girton College Arrangements for Quarantine in College Accommodation

We are looking forward to welcoming international students to College Accommodation. Under the UK government regulations people arriving from outside the UK may be required to quarantine (self-isolate) on arrival.

Please read **all** the guidance below.

Quarantine – UK Government guidance

The government regulations can be found at: <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>

Whether or not you are required to quarantine depends upon whether you are classed as fully vaccinated and if the country you are travelling from is on the Red List. The Government's definition for fully vaccinated is:

“Fully vaccinated means that you have had a complete course of an approved vaccine at least 14 days before you arrive in England. The day you had your final dose does not count as one of the 14 days.

The vaccine must be administered under either:

- the UK vaccination programme
- an overseas vaccination programme with an approved proof of vaccination for travel to the UK”

Details of which countries have vaccinations which can be used to qualify as fully vaccinated can be found at: <https://www.gov.uk/guidance/countries-with-approved-covid-19-vaccination-programmes-and-proof-of-vaccination>

If you are travelling from a country not on the red list and are required to quarantine as you are not classified as fully vaccinated, you can do this in your College Accommodation.

If you are travelling from a red list country you will be required to complete your quarantine in a government approved hotel.

Public Health Passenger Locator Form

Please 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> You will also need a negative Covid test.

Arrival testing

As part of the process people arriving from outside of the UK now must do Covid tests on or before day 2 after their arrival. If they are required to quarantine they will also need to do one day 8 after they have arrived. These need to be booked before you arrive and need to be through one of the

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companies listed on the government website: <https://www.gov.uk/guidance/providers-of-day-2-and-day-8-coronavirus-testing-for-international-arrivals> You cannot use University tests for this process. If you are quarantining and need to post your test back to the company you may leave your room to do so, but please notify the Porters (porters@girton.cam.ac.uk) and the Covid test team (covidtest@girton.cam.ac.uk) in advance so that they are aware that you are leaving your room for that purpose. Please wear a face mask at all times outside of your room and avoid contact with other people. Please email your test results to covidtest@girton.cam.ac.uk confirming which test they relate to.

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

There is a Test and Release system in place for people quarantining: <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 (you will still need to do the day 8 test). 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.

We are aware that some students have had issues receiving their results / test kits from the companies they have booked their tests with. The advice that we have received from the University's covid team regarding this is:

If a student has not received the test kit ordered from a private provider who is not CTM, or has been trying to contact a private provider by email or phone for 48 hours they should email dhsctesttrace.customerfeedbackteam@nhs.net explaining what has/hasn't arrived regarding tests and results. They should include details of emails sent, phone calls made and details of the provider. They will then receive a response giving advice on what they need to do and there is advice available on contacting their bank to get a refund.

If the private provider is CTM (part of NHS), they can telephone 119 and they should be able to get their results that way if they have their bar code which begins SEQ. They can also phone 119 if there are issues with tests arriving or not from CTM.

Government Guidelines say that an individual must stay in quarantine for 14 days if they haven't received a test result back, i.e. a student is free to leave quarantine after 14 days. In the meantime, they can email dhsctesttrace.customerfeedbackteam@nhs.net for advice.

The University team is compiling a list of feed back on the different testing companies. If you would like to know which they are currently recommending / suggesting students avoid or if you would like to provide feedback please email covidtest@girton.cam.ac.uk

Quarantine in College

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.

Travelling to College Please try to avoid using public transport when you travel from the airport to College and instead prebook a taxi for the journey. Companies such as Panther (who have screens between the driver and passenger) allow you to prebook the journey for a fixed price.

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 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 and to post test results.
- You will be provided with a small fridge, microwave and kettle in your room.
- 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. If your day 2 test is negative (and you have not been contacted by Track and Trace to isolate or been required to household isolate) you may exercise alone in the College or Swirles Court grounds twice a day for up to 1 hour. 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. Please avoid the times when your flat is being cleaned. 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.

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 e.g. 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.

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.

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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) or email porters@girton.cam.ac.uk.

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

Quarantine outside College accommodation

If you have arrived and are required to quarantine 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: accommodation@girton.cam.ac.uk – marking your email “quarantine query”

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.