

# Girton College: Covid – Michaelmas 2022 Key Points

## Covid Symptoms<sup>1</sup> or positive test?

- Stay at home and isolate in your room for at least 5 days
- Tell the Porters and your Director of Studies (DoS) that you are isolating
- Ask your friends for help with delivering food, but...
- Avoid contact with others until you are well
- Avoid shared spaces such as kitchens
- Keep your room well ventilated
- Take additional precautions until day 10 (mask, avoid large gatherings)

## Friend or Household member with Covid?

- Take additional precautions until day 10 (mask, avoid large gatherings)
- Notify your DoS/Supervisor that you are a contact
- Let Household visitors know there is an infection in case they prefer to postpone their visit, e.g., if they are vulnerable.
- Keep your room and shared spaces well ventilated
- Wash your hands frequently
- If you develop symptoms, isolate and notify the Porters

## Avoiding respiratory Infections such as Covid-19:

- Wear a face covering in the company of vulnerable people
- Sanitise hands frequently, especially after coughing or sneezing
- Keep workspaces and residential areas well ventilated
- Make sure you have had your booster vaccination

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<sup>1</sup> **SYMPTOMS:** continuous cough, high temperature, fever or chills, sore throat, loss of, or change in, your normal sense of taste or smell, shortness of breath, unexplained tiredness, lack of energy, muscle aches or pains that are not due to exercise, not wanting to eat or not feeling hungry.

# Further advice

## GOVERNMENT ADVICE:

- [People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## **Symptoms or positive test:**

- If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do not feel well enough to study or carry out normal activities, you are advised to stay in your room and avoid contact with other people for at least 5 days after the day of your test or the day your symptoms started.
- **Please notify the Porters**
  - They will let your Tutor know and arrange for you to have a fridge and microwave delivered.
  - Please also consider alerting your housemates and close friends.
- **After 5 days**
  - ***If you are well***, you should resume normal activities, taking some additional precautions such as minimising contacts and wearing a face covering until day 10.
  - ***After 5 days if you still have a high temperature or feel unwell***, continue to stay at home until you feel well enough to resume normal activities and you no longer have a high temperature if you had one.
  - Although many people will no longer be infectious to others after 5 days, some people may be infectious to other people for up to 10 days from the start of their infection. You should avoid meeting people at higher risk of becoming seriously unwell from COVID-19 for 10 days after the day you took your test or developed symptoms.
  - Once you have ceased isolating, please email [covid@girton.cam.ac.uk](mailto:covid@girton.cam.ac.uk) and we will arrange to have your fridge etc collected.

## **Positive contacts:**

If someone who has been in close contact with you has a positive covid test or symptoms:

- If you have no symptoms, continue with normal activities including in person teaching taking additional precautions where possible to stay distanced from others for 10 days since your contact tested positive or from the last date of contact, whichever is earlier.
- Please notify your supervisors in case they may be at higher risk of becoming seriously unwell.
- Wear a close-fitting mask for in person teaching if possible.
- If you develop symptoms follow the advice above.

## **General Advice**

- **Ventilation**
  - **Keep rooms and work areas well ventilated** by opening windows.
  - Pay attention to CO2 monitors (where fitted) and increase ventilation where the monitors turn to amber or red.
- **Wash /sanitise hands**
  - Frequently throughout the day, after sneezing or coughing, before eating, and when moving between areas.
- **Wear a face covering:**
  - Although no longer required by the government, whilst national and local cases are high, the College strongly encourages you to wear a face covering at College in all:
    - crowded situations
    - at public facing counters
    - when meeting people you don't usually meet
    - if requested to do so in an enclosed space
    - if you are a contact of someone with a respiratory illness such as Covid-19
    - and of course, if you are at higher risk of serious illness from covid 19.
- **Keep your distance**
  - Whilst national and local covid cases are high, it is advisable to distance from people you don't usually meet indoors from to reduce transmission risks.
- **Use the hand sanitiser and cleaning wipes provided**
  - To keep shared study tables, computers and dining tables covid-free.

**Junior Bursar - 30 September 2022**