Fitzwilliam College Self-Isolation and Household-Isolation Information Sheet

If you live in College accommodation and are self-isolating, please contact the Porters’ Lodge immediately on 01223 332000.

After completing the Fitzwilliam College Report of Health Concern, please note the following:

NHS111 – only call 111 if your symptoms are severe
College Nurse: nurse@fitz.cam.ac.uk

- If you are self-isolating because you have symptoms associated with covid-19 you must remain in your allocated room for a period of 10 days from the onset of your symptoms (unless specifically advised otherwise by health professionals). Your ‘allocated’ room is likely to be your own room if en-suite or an alternative location if deemed necessary. You may ONLY leave your room, if it is not en-suite, to go to a toilet and bathroom designated for your sole use - avoiding any close contact with others. Your bathroom facility (if not en-suite) and bedroom will be labelled Self-isolation area: do not enter without permission from College Nurse. You must not visit any shared spaces, including kitchen areas.

- If you are household-isolating because you have shared kitchen and/or bathroom facilities with another person showing symptoms you must remain in your allocated ‘household’ area for a period of 14 days from the first onset of symptoms in your ‘household’ group, or if you develop symptoms yourself, for 7 days from their onset. It is likely that everyone living in the shared accommodation will infect each other or be infected already.


- Check your health and report any concerns: If your symptoms worsen, consult the online information published by the NHS (https://111.nhs.uk/service/COVID-19/) and consider whether it is appropriate to phone 111 or (in an emergency) 999. Please also keep the College Nurse apprised of developments.

- You will be supplied with plastic bags for dirty linen, which must be bagged, and left in your room until the end of your isolation period. Extra linen may be supplied on request during the period of self-isolation.

- You will be provided with household cleaning products so that you can clean your room, bathroom and toilet.

- Food may be delivered to your room or household (as appropriate) by your Self-Isolation Supporters (see below). If self-isolating in your room this should be with disposable plates and cutlery, along with a waste bag for disposal. Food (and any other essential items) must be left outside your door, for you to pick up once your Supporter has left.
• You **MUST contact Housekeeping when you are ready to dispose of your bagged up rubbish** (every other day for example). Housekeeping will knock on your door and inform you (through your closed door) that they have left large bin bags directly outside your room for you to put your own rubbish bags into – they will then return to collect the bag once you have closed your door.

• What goes into your room, stays in your room: Don’t allow any items to leave your room except on the advice of the College Nurse, until you have received a negative test result. You will receive advice on the loan of any equipment you might need.

• You will receive **support from your Self-Isolation Supporters** (details requested on the Report Form). They will support you in:
  - The delivery of provisions, equipment and personal items to your door.
  - Other aspects of necessary support that arise.
  - Checking in on your wellbeing twice daily by phone or through your closed door.

• You **must NOT receive any other in-person visitors** to your room or household.

• **Personal Emergency Plan** (PEP): In the case of an activation of the Fire Alarm, please evacuate in the usual way, noting that you should aim to remain at least 5-10 metres away from all other people during the evacuation. You should also take steps to avoid direct hand contact with shared door handles outside your isolation area (for example, wearing a clean set of disposable gloves).

• Please report all **Maintenance, IT and Housekeeping issues** via the Helpdesk - [https://my.fitz.cam.ac.uk/index.php/helpdesk/ticket/create](https://my.fitz.cam.ac.uk/index.php/helpdesk/ticket/create). If your matter is urgent, please contact the Porters’ Lodge (01223 332000), which is staffed 24/7, immediately. If you receive a **visit from a member of College staff that necessitates entry to your bedroom**, please move away from the door when letting them into your room and maintain a 2 metre distance from them. Please bear in mind that **in most situations a member of staff will *not* enter the room!**

• Your Director of Studies, Graduate Tutor or Graduate Supervisor will make contact to discuss academic matters, and to liaise if necessary with your Department/Faculty. Follow the University website ([www.cam.ac.uk/coronavirus](http://www.cam.ac.uk/coronavirus)) for updates on research matters and on preparations for on-line learning, teaching and assessment for the remainder of the academic year.

• Your **Tutor** (or if on leave, another Tutor) will keep in regular contact with you.

• Keep in touch with family and friends. Keep up with the University COVID-19 pages on wellbeing: [https://www.hr.admin.cam.ac.uk/coronavirus_wellbeing_mentalhealth](https://www.hr.admin.cam.ac.uk/coronavirus_wellbeing_mentalhealth). Do let someone know if you feel down or anxious.

• **The Porters’ Lodge is open 24 hours.** Don’t hesitate to contact them for help at any time (01223 332000).