COVID-19 - Information for your arrival to Fitzwilliam College

As we look forward to welcoming you for the start of a new academic year, the University of Cambridge and the Colleges have put together a clear set of measures designed to keep everyone as safe as possible while keeping restrictions to life in College to a minimum.

You will find information below about how we will all protect ourselves and each other whilst in College, in your accommodation and around the University. Each of us has a responsibility to minimise the spread of COVID-19. We are members of a wider community and have a responsibility to others in College and beyond.

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1. Households

The UK Government coronavirus guidance centres around the idea of a “household”. It is important that you know who are the members of your household, and what you can / cannot do within your household.

- Your bedroom in Fitz will be part of a defined “shared household”. Your shared household is yourself plus the people you share a kitchen/Gyp with; also a bathroom if your room is not en-suite. Household sizes in Fitz have been carefully managed, taking into account the shared facilities within your household
- Within your household, you are allowed to socialise with each other without the need to observe social distancing. If one person within your household develops COVID-19 symptoms, the whole household is required to self-isolate denoting the household as an Isolating Household.
- As you live in a shared household within College, it is NOT permitted for you to form a support bubble with another household. This is because each household is only allowed to be part of one bubble, and it is not fair to permit this for one student in a group and thereby forbid the remaining members of the group.
- Do not socialise in person with anyone who is in Quarantine in your Household, but do please support them with practical tasks and by keeping in virtual contact.
2. Quarantine

It is your responsibility to know whether you need to quarantine after travelling to the UK from abroad – see the [Government’s live list of countries with quarantine exemption](https://www.gov.uk/guidance/coronavirus-travel-red-list-guidance). The College will keep a register of those students required to quarantine. Quarantine must be taken seriously: it is crucial in order to keep ourselves and the College community safe. If you are required to quarantine, you will receive specific information separately.

Please put on a face covering before entering the Porters’ Lodge and note that there are social distancing measures in place in the Lodge as well as hand-sanitiser available.

3. Over-night visitors

It is currently not permitted for students to have visitors to stay overnight in your accommodation.

4. Face Coverings

**Fitzwilliam College Policy on the use of Face Coverings**

Following the launch of the [Stay Safe Cambridge Uni information campaign](https://www.cam.ac.uk/staysafecambridge), face coverings should now be worn when visiting or passing through the Porters’ Lodge, when queuing and purchasing items in the coffee shop and, when it opens, the Buttery. Further guidance will be issued as other parts of the College open and numbers in College increase. It is vital that we instil the right habits now so that all members of the community can feel as safe as possible so please do carry face coverings with you at all times while at College and wear them when indicated by signage, or when it would be a courtesy to others.

Please note that people with any of the following do not need to wear a face covering:

- Pre-existing breathing difficulties and/or other respiratory conditions not related to suspected or confirmed COVID-19 infection
- Mental-health conditions such as anxiety or panic disorders exacerbated by wearing a face covering
- Non-visible disabilities that would be exacerbated by wearing a face covering
- Visual impairments, with a restricted field of vision, particularly if any residual vision is at the lower edge of the normal field of view
- Impairments that would make it difficult to put on or take off a face covering safely, accurately, consistently or without pain.

Please note College Policy on the use of Face Coverings is under review and is likely to be updated shortly – please keep an eye on the Fitz website.
5. Social Distancing Plan

The College has produced a comprehensive plan for the site in order to aid social distancing whilst moving around College. Please refer to the social distancing plan for full information. Please ensure that you follow signage. And, remember, please wash your hands frequently and use the sanitising gels whenever you can.

6. Domestic Services

Up-to-date details of opening times and restrictions of the Porters Lodge, Catering, and other services can be found here.

The use of shared spaces in the College (including bathrooms and common rooms) relies on individual responsibility in observing strict Social Distancing, especially in the event of there being multiple users.

When using your accommodation areas please ensure that you take every opportunity to practice good hygiene by cleaning your shared spaces, using the equipment provided, before and after each use.

The Housekeeping team will be cleaning your household accommodation regularly. Please afford them every courtesy by observing the required social distancing practices whilst they are carrying out their duties. When cleaning shared and personal spaces, gloves, plastic aprons and face coverings will be worn.

If the Maintenance team need access to your bedroom to attend to a reported matter, or in an emergency, they will be equipped with the necessary PPE, if required, but will observe the Social Distancing protocols. Please afford them every courtesy by observing the required social distancing practices whilst they are carrying out their duties.

7. Additional Things To Bring With You

- A supply of face coverings, gloves, hand sanitiser and soap.
- A personal reusable thermometer.
- Clothing, bedding and towels sufficient for a two-week cycle between washes.
- Cooking and dining utensils and crockery, and dishcloths and tea-towels for washing up afterwards.
- Chargers (and adapters) in good working order for all of your devices.
- A first aid kit for minor cuts and abrasions, along with any non-prescription medications you might want to use (for example paracetamols, or equivalent).
- Four-six weeks supply of prescription medicines along with relevant supplies of contact lenses, contact lens solution, batteries for hearing aids, sanitary products etc.
- Named cushion/rug (for outdoor seating).
- We are likely to be using our outdoor space more than usual and indoor spaces are likely to be cooler than usual as we all keep windows open for ventilation, so be sure to bring thermal clothing, plenty of layers, fleece, wind/waterproof jacket, hat and gloves.
- Phone, laptop or iPad (or similar) - which can also link to home delivery shopping sites and will support on-line working, lectures etc.
- A list of emergency contact telephone numbers (not just stored in phones or on devices).
- Other items that support your unique needs.

8. Links and Other Information

UK Government advice can be found here.
University of Cambridge advice can be found here.
Fitzwilliam College advice can be found here.

Here are the major UK supermarkets which offer online delivery:
- Sainsbury’s
- Tesco
- Asda
- Aldi (via the Deliveroo app)
- Morrisons

There are many delivery apps for meals, covering all budgets and types of food. Two common ones in Cambridge are Deliveroo and Just Eat.

If you have any queries or concerns, please call or email:

- Porters’ Lodge: 01223 332 000 porters@fitz.cam.ac.uk
- Housekeeping Team: housekeeping.office@fitz.cam.ac.uk
- Tutorial Office: tutorial.office@fitz.cam.ac.uk
- College Nurse: nurse@fitz.cam.ac.uk