

Fitzwilliam College QUARANTINED STUDENT Information Sheet

You are self-isolating in Fitzwilliam College accommodation after entering the UK from overseas.

- **You must remain in your allocated accommodation for a period of 10 days from the date of your arrival.** Alongside the guidance below, you should carefully read and follow the [Government's guidance](#).
- **Check your health and report any concerns.** Consult the [information published by the NHS](#). **If you develop any Covid-19 symptoms** you must contact the Porters Lodge by telephone – 01223 332000 (do NOT visit the Lodge in person) – and arrange to be tested immediately. Testing is usually available most quickly through the [University's testing programme](#). The College has well-established procedures to support infected students. If symptoms are severe it may also be appropriate to phone 111 or (in an emergency) 999.
- You may ONLY leave your room to visit the kitchen and toilet/bathroom (if your room is not en-suite). Unless these facilities have been designated for your sole use, you must take care to avoid any close contact with others, ensure any shared room is well ventilated, ensure you always use a separate towel or tea towel, wash and thoroughly dry your crockery and cutlery, and clean any shared room thoroughly after your use.
- **You must not leave your accommodation during the 10-day isolation period. You are not permitted to use the gardens on the main College site as these are shared by all residents.** If you are self-isolating in an external house you may use the garden, taking care to avoid any close contact with other residents.
- You will be supplied with plastic bags for dirty linen, which must be bagged, and left in your room until the end of your quarantine period. Extra linen may be supplied on request during the period of quarantine.
- You will be provided with household cleaning products so that you can clean your room, bathroom, toilet and kitchen.
- **Food may be delivered to your room or household** (as appropriate) by your Quarantine Supporters (see below). 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 inform you of where and when to leave your rubbish for collection by the Housekeeping team.
- If possible, please ask two friends or neighbours (Fitzwilliam College members) to act as your 'Quarantine Supporters', bringing you food and other necessary supplies (to be left outside your door) and speak to you regularly (by phone or video call). Please [inform Claire Claydon, Head of Tutorial Support](#) of the names and contact details of these two supporters, or let us know if you are not in a position to arrange this as we can call on a bank of volunteers.

- You will receive **support from your Quarantine Supporters**. They will support you in:
 - The delivery of provisions, equipment and personal items to your door.
 - Other aspects of necessary support that arise.
- In order to equip yourself for the period of self-isolation you may well want to arrange a delivery of groceries and other items. Supermarkets including [Asda](#), [Sainsbury's](#) and [Tesco](#) are able to deliver to the Porters' Lodge or to external houses. If you are resident on the main College site you will have to arrange for one of your Quarantine Supporters to take delivery of the items at the Porters' Lodge and bring them to your accommodation.
- You **must NOT receive any other in-person visitors** to your room or household.
- **Personal Emergency Evacuation Plan (PEEP)**: In the case of an activation of the Fire Alarm, please evacuate in the usual way, noting that you should aim to avoid close contact with 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](#). 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 quarantine area**, please move away from the door when letting them in and maintain a 2 metre distance from them. Please bear in mind that **in most situations a member of staff will *not* enter the area!**
- Follow the advice provided by the [Government](#), and any further advice from the College Nurse, the Health Protection Team and from Public Health England.
- Your **Tutor** (or if on leave, another Tutor) will keep in regular contact with you.
- Keep in touch with family and friends. Read the [University's COVID-19 pages on wellbeing](#). 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).**