

## Rules and Support for Students during Quarantine in Fitzwilliam

Here at Fitz, we all have a responsibility to minimise the spread of COVID-19 and therefore all residents must follow the rules in place regarding quarantine as outlined below. Before you set out for Cambridge please ensure you have familiarised yourself with the UK [Government guidelines](#) on quarantine and the [University's approach](#). Please also read the information provided for those [travelling from overseas](#) by the University. We are all members of a wider community and have a responsibility to others in College and beyond.

Students who are required to quarantine are those who have travelled from abroad having [not been fully vaccinated for Covid](#).

### On arrival in College

1. When you arrive please go to the Porters' Lodge on Storey's Way to sign in, to collect your key and (for Freshers your University Card) and collect a "Quarantine Pack" (see point 4 for more information).
2. Please wear 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. Make your way directly to your assigned bedroom. Please use the external garden or street route rather than walking down any internal corridors, to avoid unnecessary contact with other residents and staff inside.
4. Once in your room please unpack your "Quarantine Pack" which will contain a copy of this information, some "Quarantine Door Notices", Blutac to fix the notices to the doors, disposable facemasks, disposable gloves, rubbish bags and a bottle of antibacterial hand gel.
5. Immediately affix the "Quarantine Notices" to your bedroom door, bathroom and toilet doors (if not en-suite) and kitchen door – this is to inform others in your "household" i.e. those individuals who are sharing a kitchen, bathroom and/or toilet facilities with you, and the staff, that you are in quarantine.

### Testing

6. All international arrivals will be required by law to book a Travel Test Package. You must take a COVID-19 test on or before day 2 and another test on or after day 8. You will need to book these tests through the Governments online portal before you travel - <https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>. You will not be able to leave quarantine until you have received a negative result from your day-8 test and quarantined for 10 days. If either of these tests comes back positive, you will have to quarantine for a further 10 days from the date of the test.
7. If you are wishing to participate in the Governments Test to Release scheme to end your quarantine early via a private test, you can find the information here <https://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel>. The Test to Release scheme can still be used but you must also comply with the Travel Test Package as detailed above.

### **When in your accommodation**

8. You must remain in your bedroom at all times except to use your designated bathroom, toilet (if not en-suite) and communal kitchen facilities (see point 9 below). You must wear a face mask/covering when you leave your room, including in your household (corridor, toilet and kitchen). 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 quarantining or isolating in an external house you may use the garden, taking care to avoid any close contact with other residents.
9. You are not allowed visitors into your bedroom, kitchen or bathroom facilities.
10. Only use the kitchen to prepare breakfast or quick meals, and following this procedure:
  - Wait until the kitchen is empty – do not use it while another person is in there.
  - Wash your hands for 20 seconds before entering the kitchen.
  - Wear a face covering while you are in the kitchen.
  - Wipe down all surfaces after use.
  - Take your food back to your bedroom to eat.
11. You must take care to avoid any close contact with others, ensure any shared room is well ventilated, ensure you always use a separate tea towel, wash and thoroughly dry your crockery and cutlery, and clean any shared room thoroughly after your use.

### **Food, drink and supplies**

12. Food may be delivered to your room or household (as appropriate) by your Self-Isolation Supporters (a friend or someone in your household). 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.
13. Your Self-Isolation Supporters will support you in:
  - The delivery of provisions, equipment and personal items to your door.
  - Other aspects of necessary support that arise on a best effort basis.
  - Checking in on your wellbeing by phone or through your closed door.
14. It is worth making yourself familiar with all the local food delivery services available in Cambridge including supermarkets, such as Sainsbury's/Tesco and Asda, plus Deliveroo and Just Eat. If you are in College Accommodation on the main site, it is best to arrange for deliveries to be made during working hours so that the Porters can assist if absolutely necessary.
15. If you still need further help, you can email [quarantinesupport@fitz.cam.ac.uk](mailto:quarantinesupport@fitz.cam.ac.uk) and a message will go to volunteers who will try to help as soon as they can. This voluntary support is on a 'best efforts' basis from students who have kindly given their time to help out their peers and works best if you can make contact in advance to explain what help is needed. It works less well, for example, if you have ordered takeaway food and need someone to bring it to you urgently: please try to make such arrangements with a friend in advance of ordering.

### Housekeeping and maintenance

16. Housekeeping and waste: you will be responsible for cleaning your own bedroom, bathroom and toilet (supplies will be provided). 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. 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. For those in the off-site households, please take your double-bagged rubbish directly to the outside bins at the end of your period of quarantine.
17. If you require any bedlinen or a towel, please contact the Housekeeping team to bring these items to your door. No dirty items of linen can be removed from your room until the end of the period of quarantine, as explained above.
18. Staff will not enter your bedroom, kitchen or bathroom unless there is an emergency in which case appropriate PPE (such as face coverings, gloves, etc.) will be worn.
19. Please report all Maintenance, IT and Housekeeping issues [via the MyFitz Helpdesk](#). If your matter is urgent, please contact the Porters' Lodge (01223 332000), which is staffed 24/7.

### Welfare

20. In the event of an emergency (e.g. fire alarm), you must evacuate immediately in the usual way (wearing a mask/face covering) and should aim to remain at least 2 meters distance from all other people during the evacuation. Avoid direct hand contact with anything outside your room.
21. Wellbeing: Keep in touch with family, friends and the College through phone or social media and [visit the University COVID-19 pages on wellbeing](#).
22. Your Tutor (or the Tutorial Office) will assist with any pastoral support needs.
23. If you develop COVID-19 symptoms while in quarantine, you must contact the Porters Lodge by telephone on 01223 332000 (do not go to see them face to face) 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.

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

- Porters' Lodge: 01223 332 000 [porters@fitz.cam.ac.uk](mailto:porters@fitz.cam.ac.uk)
- Housekeeping Team: [housekeeping.office@fitz.cam.ac.uk](mailto:housekeeping.office@fitz.cam.ac.uk)
- Tutorial Office: [tutorial.office@fitz.cam.ac.uk](mailto:tutorial.office@fitz.cam.ac.uk)
- College Nurse: [nurse@fitz.cam.ac.uk](mailto:nurse@fitz.cam.ac.uk)

Staying COVID Secure

# QUARANTINE BEDROOM NOTICE

The occupant has to quarantine for a  
period of 10 days.

**DO NOT ENTER**

**from**

*(please fill in the date) .....*

**to**

*(please fill in the date) .....*

Staying COVID Secure

# QUARANTINE KITCHEN NOTICE

This kitchen is being used by residents  
who are quarantining  
for a period of 10 days.

Those students in quarantine will wear a  
face covering when in this area.

Everyone using these facilities must clean  
them before and after use.

**STAFF: DO NOT ENTER**

Residents: please leave any full rubbish bags outside  
of the kitchen door (or in off-site households, take  
directly to the outside bins).

from

*(please fill in the date) .....*

to

*(please fill in the date) .....*

Staying COVID Secure

# QUARANTINE BATHROOM/ TOILET NOTICE

These facilities are being used by residents who are quarantining for a period of 10 days.

Those students in quarantine will wear a face covering when in these areas.

Everyone using these facilities must clean them before and after use.

**STAFF: DO NOT ENTER**

**from**

Please fill in the date: .....

**to**

Please fill in the date: .....