

Fitzwilliam College Self-Isolation **SUPPORTER** Information Sheet

As someone who has kindly offered to support a student who is in isolation, please familiarise yourself with the [Fitzwilliam College Self-Isolation and Household-Isolation Information Sheet and Quarantined Student Information Sheet](#), which summarise the general application of isolation guidelines in the College context. While there may be slight variations according to individual circumstances and household permutations, the principle is to avoid any direct contact and to minimise any risk of cross-infection through individuals or materials leaving an isolation area.

- Potential Self-Isolation Supporters should confidentially disclose to the College Nurse any known pre-existing respiratory condition or other reason that they may have increased susceptibility to respiratory disease. This may preclude volunteers from acting as Supporters.
- As a Supporter, you must observe basic infection control for droplet-spread infections, and procedures surrounding delivery of items to the isolated student (not entering the room or household isolation area, leaving deliveries at the door and confirming arrival, no direct or face-to-face contact, frequent handwashing).
- Personal data/information about students who are self-isolating should not be discussed with any person beyond the College staff who need to know.
- If the isolating student has two or more Supporters, please co-ordinate to ensure that the necessary support is provided. If you are unable to carry out these responsibilities e.g. because of illness, please ensure that cover is in place or, if that is impossible, notify the Porters Lodge.
- You will need to support the student in:
 - The delivery of provisions, equipment and personal items.
 - Checking in on their wellbeing by phone or video call or through the closed door of the isolation area; these voice contacts should be in addition to any written contact.
 - Other aspects of necessary support that arise on a best effort basis.Please enquire over any specific needs. Staff in all Departments of the College will do anything they safely can to address issues that might arise.
- If delivering prepared food/drinks, please use a disposable container (please advise the Catering staff this is for an isolating person), with disposable cutlery and a waste bag. These must be left outside the door of the isolation area, to be picked up once you have left.
- You are NOT in a position of medical responsibility. If you have concerns over the student's wellbeing, please refer these immediately to the College Nurse, Porters Lodge, or Senior Tutor.

Thank you very much for offering this invaluable support.