

Key information for students in self-isolation

Porters Lodge: 01223 338671

College Nurse: 01223 338664 / 07919058221

NHS: 111

You are most likely self-isolating because of your recent travel history with onset of symptoms of cough, shortness of breath and/or fever within 14 days of return, OR because you have been in contact with a person already confirmed as affected. Unless you have already done so, please call 111 and share any advice they give you with your College Nurse, or alternatively update the Porters Lodge.

- 1. Remain in your room:** You should remain indoors, either in your own room or in a room specifically provided by the College with self-contained facilities, for a maximum period of 14 days. In most cases the period will be much shorter – for example where a negative test result is received and any symptoms have ended.
- 2. Using bathrooms and toilets:** You may leave your room to go to a toilet and bathroom designated and labelled for your own use if there are no en-suite facilities, avoiding close contact with others. In this case, avoid face-to-face contact at all times and retain a minimum 2 metres distance from others. Wash your hands before leaving your room and before leaving the bathroom.
- 3. Do not use shared spaces:** You should not visit any other shared spaces in the College including kitchen areas. You should not receive in-person visitors to your room. Importantly, follow all advice from the Health Protection Team (via 111) in order to comply with current official guidance. Colleges will be provided with updated guidance as it emerges.
- 4. Self-isolation supporters (SIs):** You should receive the support of two identified Self-Isolation supporters (SIs) for delivery of provisions, equipment and personal items to your door, for delivery of food from the College kitchens and laundry (advice will be given on how to arrange these), and for other aspects of necessary support that arise. SIs will check in twice daily at minimum by phone or via your door. Your Tutor will also contact you daily to help connect you with pastoral support.
- 5. Check your health and report any concerns:** You are officially under the medical care of NHS111. The College will provide you with a thermometer so you can check your temperature. Any change in your symptoms, of whatever nature, and any need for medical assistance should be reported to 999 (in emergency), NHS111, and the College Nurse (via the Porters Lodge if out of hours).
- 6. Attendance in person at University and/or College provided teaching sessions will not be possible for the period of quarantine.** Your Director of Studies or Graduate Tutor or Graduate Supervisor will make swift contact to discuss these matters, to liaise with Dept/faculty as appropriate, and to provide reassurance on alternative arrangements and any allowances.
- 7. Personal Emergency Plan (PEP):** The Porters will advise you on what to do in the event of an emergency that requires evacuation (e.g. fire alarm). You should aim to remain at least 5-10 metres distant from all other people during an evacuation and should take steps to avoid direct hand contact with shared door handles outside of the isolation area (for example, wearing a clean set of disposable gloves).
- 8. Don't hesitate to contact the Porters' Lodge for help at any time.**

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