Self-Isolation information for Residents.

1. **Don’t hesitate to contact your Porters’ Lodge for help at any time, but not in person.** Let them know if you do not have a UK SIM in your mobile phone. [Up to date information](https://www.cam.ac.uk/coronavirus)


3. **What goes into your room, stays in your room:** Don’t allow any items to leave your room while you are self-isolating.

4. **Self-isolation supporters (SIs):** You should try to identify friends who can help support you during self-isolation for delivery of provisions, equipment and personal items to your door and for other aspects of necessary support that arise. We would suggest you speak with your SIs at least twice a day. If you are unable to identify anyone to assist then please inform your tutor/reception/CR to try to assist where possible.

5. **Check your health and report any concerns:** If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online coronavirus service](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance). If you do not have internet access, call NHS 111. For a medical emergency dial 999.

6. **Personal Emergency Evacuation Plan (PEEP):**

   In the event of Emergency carry out evacuation as per normal but wherever possible to follow isolation advice and try to keep a distance of 5-10 metres distant from other people. 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). Attend the nearest alternative evacuation point or stand separately from groups of people. Keep the out of hour’s mobile phone number (07879116877) available to make contact with Reception/Porters if necessary.

Some other information that may be helpful: [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)