

# St Edmund's College isolation guide

For students living in private accommodation

This guide tells you what you must do, and how to access College support, during your isolation.

You must remain in your room and household for the whole period of your isolation. You must not leave except in an emergency evacuation.

## Please call Reception with any updates: 01223 336250

### If you go into isolation

Due to symptoms, a positive test, or close contact with someone who has tested positive

### If you receive a test result (positive or negative)

### If you develop symptoms

Even if you are already isolating, please call Reception if you develop symptoms

### If your isolation ends early

If your household ends isolation early because ALL symptomatic housemates have tested negative



**If there is a fire alarm or other emergency evacuation**



Evacuate when you hear the alarm.



Wear a face mask.



Wear gloves if available.

Minimise touching surfaces outside your room.



Remain 2 metres away from all other people as far as possible.

Do not mingle with other households.

### When does my isolation end?

**I have tested positive:** 10 days from the date of your test. Housemates must also isolate – College will inform them. No way to end isolation early.



**I have symptoms:** 10 days from the day your symptoms started. Housemates must also isolate – College will inform them. Household isolation ends early *if you and any housemates with symptoms receive a negative test*. If this happens, notify Reception: 01223 336250.

**Housemate has symptoms:** 10 days from the onset of housemate's symptoms. Household isolation ends early *if all housemates with symptoms receive a negative test*. If this happens, notify Reception: 01223 336250.

**Housemate has tested positive / you've had close contact with someone who has tested positive:** 10 days from date of test / when you were notified. No way to end isolation early.

## College support while you are in self-isolation



### Someone to talk to

- Your Tutor will check that you are ok. You can also contact them directly. You can check who your Tutor is here: <https://camsis.cam.ac.uk>.
- Contact the Dean at any time – Fr Ed is happy to chat! Email [dean@st-edmunds.cam.ac.uk](mailto:dean@st-edmunds.cam.ac.uk), or call 07727 669669.
- When you call Reception, you will be offered a daily phone call from College.



### Need a supporter?

- If you don't have anyone available and need some support, email the CR Welfare Officers: [cr-welfare@st-edmunds.cam.ac.uk](mailto:cr-welfare@st-edmunds.cam.ac.uk)



### Your health and wellbeing

- If you have medical questions about your physical or mental health, or if you are not sure what healthcare to seek, contact Taryn, the College Nurse: [nurse@st-edmunds.cam.ac.uk](mailto:nurse@st-edmunds.cam.ac.uk).
- The College Counsellor offers one-off drop-in sessions online. For details see <https://www.counselling.cam.ac.uk/cbccouns/Edmunds>
  - If you have concerns regarding your health outside of the Nurse's working hours, call NHS 111 or contact your GP.
  - If you are in a mental health emergency, call NHS 111 and select option 2; or call the Samaritans (116123); or text Shout (85258)



### Waiting for some post?

- You cannot go to Reception or the College post room while you are in isolation. We will store your post and parcels securely for you until you complete your isolation
- You can nominate a friend to pick up post on your behalf and deliver to your household door. Email [reception@st-edmunds.cam.ac.uk](mailto:reception@st-edmunds.cam.ac.uk) with your name, and your friend's name & CRSID.



### Online deliveries

- You cannot leave your household to collect your online deliveries.
- You can nominate a friend to pick up your delivery and bring to your household door. Email [reception@st-edmunds.cam.ac.uk](mailto:reception@st-edmunds.cam.ac.uk) with your name & room number, and your friend's name & CRSID.

Here are the major UK supermarkets, and common apps for takeaway meals:

- Sainsbury's: [www.sainsburys.co.uk](http://www.sainsburys.co.uk) | Tesco: [www.tesco.com](http://www.tesco.com) | Asda: [www.asda.com](http://www.asda.com)
- Morrisons: [groceries.morrisons.com](http://groceries.morrisons.com) | Aldi (via Deliveroo): [www.aldi.co.uk](http://www.aldi.co.uk) | [deliveroo.co.uk](http://deliveroo.co.uk)
- Deliveroo: [deliveroo.co.uk](http://deliveroo.co.uk) | Just Eat: [www.just-eat.co.uk](http://www.just-eat.co.uk)

### Advice on using a shared kitchen safely

If you share a kitchen with others in your accommodation, here is some advice on using it safely while you are isolating:



1. Wait until the kitchen is empty – do not use it while another person is in there
2. Wash your hands for 20 seconds before entering
3. Wear a face covering
4. Prepare your food
5. Wipe down all surfaces thoroughly
6. Take your food back to your bedroom to eat