

St Edmund's College isolation guide

For students living in College accommodation

The college can support you in several ways while you are in isolation which is outlined in the following guidance. You must remain inside your 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 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?

You will be informed of the end date of your isolation by either the NHS track and trace service, the University or Reception.



Practical arrangements

Alerting people



Reception staff will post a “self-isolation” sign on your bedroom door, and will leave a kitchen and bathroom sign outside your door. Please put these up while you use any shared facilities, and take them down when you return to your room. If your housemates also need to isolate, signs will be posted on their doors.

Laundry: You cannot use the College laundry during your time in isolation.



If you need detergent to do some handwashing, email housekeeper@st-edmunds.cam.ac.uk. Alicja’s team will supply you with an emergency bottle. Shared kitchens contain a clothes airer for drying clothes.

Shared kitchen

Please follow these steps carefully if you use a shared kitchen:



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. Put up your temporary kitchen sign
 5. Prepare your food
 6. Wipe down all surfaces thoroughly using the spray provided
 7. Take down the temporary kitchen sign
 8. Take your food back to your bedroom to eat
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Cleaning: The housekeepers cannot enter your room while you are in isolation.



You can use the cleaning pack (in shared kitchens) to clean – there are some video tips here: <https://my.st-edmunds.cam.ac.uk/faqs-coronavirus/cleaning-shared-spaces/>

Rubbish: Ideally, no waste should leave your room for the full period of your isolation. However, if it reaches unmanageable levels, it can be collected once a week. You must do the following:



1. Double-bag your rubbish. Use the extra bin bags in the cleaning pack in the shared kitchen.
2. On **Thursday morning**, leave the double-bagged rubbish just inside your household front door. Please email housekeeper@st-edmunds.cam.ac.uk to inform them that your rubbish needs collecting. The bags will be counted by the Housekeeper.
3. Do not touch the rubbish again: it must remain in quarantine for 72 hours. Do not add any additional bags after Thursday morning – these will not be collected.
4. On **Sunday**, the rubbish will be collected by the housekeeping team.

If you run out of binbags, email housekeeper@st-edmunds.cam.ac.uk. These will be left outside your household door.

My lightbulb has blown!



- Raise a maintenance or IT support ticket here: <https://webapps.st-edmunds.cam.ac.uk/support/open.php>. Please state that you are in isolation and give the end date. If there is an emergency that cannot be left until your isolation is completed, you will be contacted about finding a safe way to do the work.

College support while you are in 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, 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



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.
- 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 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 with your name & room number, and your friend's name & CRSID.



Meal delivery to your room

- The College Dining Hall app offers room delivery for meals. For details, see <https://www.st-edmunds.cam.ac.uk/dining>.



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 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 | Tesco: www.tesco.com | Asda: www.asda.com
- Morrisons: groceries.morrisons.com | Aldi (via Deliveroo): www.aldi.co.uk | deliveroo.co.uk
- Deliveroo: deliveroo.co.uk | Just Eat: www.just-eat.co.uk



Help - I'm running out of loo roll!

- If you need an emergency loo roll or cleaning materials before your next online delivery comes, email housekeeper@st-edmunds.cam.ac.uk. Alicja's team can supply a couple of emergency items.

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