

## Information sheet: self-isolation arrangements for students living in private accommodation

Last updated: Sept 2020

Thank you for letting us know that you are self-isolating.

Please stay in your room and do not let anyone enter. Visit the links below for the latest advice on self-isolation:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Please remember that for most people this will be a mild illness.

**If your health deteriorates and you have serious concerns, do not hesitate to call 999.**

### What happens next?

- The College has plans in place to support students who have to self-isolate. From now on, please communicate using the email address [covid19@caths.cam.ac.uk](mailto:covid19@caths.cam.ac.uk).
- You need to make everyone in your household aware that you have symptoms and advise them to return home immediately.
- Please let your supporters know that you are self-isolating and ask them to help if there is anything you need. If you do not have a support network in place and would like assistance, please email [covid19@caths.cam.ac.uk](mailto:covid19@caths.cam.ac.uk) and we will arrange for a self-isolation supporter to make contact.
- You will need to arrange to be tested, more details on the University website [here](#).
- You might like to contact your tutor/grad tutor/DoS/supervisor to discuss the situation and so they are aware of extra support you may require.

### Please remember:

- **You must remain in your room unless you need to vacate due to an emergency**
- **It is important to avoid as much contact with other people as possible in your household to reduce the risk of transmitting coronavirus.**

Social life in isolation can be challenging, but it's not impossible.

- The Welfare Team will arrange online events for those students who are self-isolating. Details of when these sessions will run and how to log on will be on the [Welfare Hub](#).
- Check out the [Fun and Culture page](#) on the Welfare Hub – it also includes activities that you can do online to keep busy which are interesting and fun.
- We can provide some colouring pages and pens, packs of cards, books from the library and other things to keep you occupied if you're quarantining and bored. Just get in touch with the Welfare Team via [email](#).

### Important contacts:

- College Nurse: [nurse@caths.cam.ac.uk](mailto:nurse@caths.cam.ac.uk)
- Student Services Manager: [ea.senior.tutor@caths.cam.ac.uk](mailto:ea.senior.tutor@caths.cam.ac.uk)
- Porters: [plodge@caths.cam.ac.uk](mailto:plodge@caths.cam.ac.uk)
- Welfare Team: [welfare.team@caths.cam.ac.uk](mailto:welfare.team@caths.cam.ac.uk)



# St Catharine's College Cambridge

- COVID-19 response team: [covid19@caths.cam.ac.uk](mailto:covid19@caths.cam.ac.uk)
- **In an emergency: dial 999 and inform the porters.**