Guidance for resident students, for new academic year.

Introduction

This guidance is for all students currently resident in Cambridge. It will be updated as government advice changes. It sits alongside and complements advice from your Department or place of research, the Collegiate University’s COVID Community Statement, and you should also follow general updates on the University’s coronavirus webpages and the college webpage.

Cambridge currently has a low incidence of COVID-19 but the prospect of a new and rapid spike in cases remains a very real threat, particularly as people begin to return to the University for the new academic year, so it is essential you read and follow Government Public Health England (PHE) advice on social distancing: Staying alert and safe (social distancing).

All resident members of Colleges are expected to abide by these key principles:

- Stay alert to minimising the risks of virus transmission in all aspects of your life
- Limit contact with other people outside of your household.
- Observe social distance when you go out
- Sanitise or wash your hands regularly
- Do not leave home if you, or anyone you live with, has symptoms (see below).

1. Households in Cambridge

If you live in College accommodation that includes a shared bathroom/shower, and or toilet, and or kitchen area, then all the occupants that share these facilities constitute a ‘household’. Close and consistent adoption of this practice has helped protect students already in Cambridge in the months since lockdown, and we need your help to maintain this to minimise the risk to yourself and others.

Please keep up to date with the evolving PHE guidance on how to protect yourself and others from coronavirus, on social distancing and on what you can and can’t do in England as a result of the pandemic.

Take joint responsibility for keeping your room and shared facilities clean: By taking care of cleaning your own room and by cleaning shared facilities each time you use them you reduce the likelihood of spreading the virus within your household and assist in the restriction of any bacterial infections.

Communal entrances to accommodation: Be aware of high-contact surfaces including door handles and stair bannisters in communal entrances. Wash your hands before leaving your household and immediately after returning.

2. Social distancing guidance in the College context:

Please make every effort to minimise the likelihood of bringing infection back to your household by staying up to date with PHE guidance: Staying alert and safe (social distancing) and by following these guidelines:

- Stay alert to social distancing guidance when you are away from your household: Keep up to date with specific guidance for staying safe outside of your home. In general, follow all relevant
signage in your Colleges or work place and maintain 2 metre social distance from people outside of your household wherever possible.

- **You** must wear a **face covering** in public in a wide range of environments. In addition, the University and Colleges have issued a [joint statement on face coverings](#) which applies to their premises. Some Colleges or Departments may have additional guidance, so please check. If you have a disability which makes wearing a face covering problematic please contact the Deputy Senior Tutor (welfare) by emailing [equality.officer@hughes.cam.ac.uk](mailto:equality.officer@hughes.cam.ac.uk).

- **Practice frequent handwashing and good respiratory hygiene:** Sneeze into a tissue and dispose of it hygienically, cover your mouth if coughing and wash your hands again. Use hand sanitizers where these are provided.

- **Exercise and recreation:**
  - **Outdoors:** Spend time outside, as frequently as you wish, for exercise. This can be done alone or with members of your existing household.
  - In the College gardens, you may gather in a group of up to 6 members of College from different households, but retaining 2 metre social distancing.
  - Hughes students can use the roped off area of Fenners adjacent to the Pavilion Room. You can use this space for relaxing, sunbathing, reading and playing ballgames. You can also walk around the perimeter of the cricket pitch and sit on any of the benches.
  - Outside College, you may also meet outside in a group of up to 6 people including those who are not members of College, while still retaining 2 metre social distancing.
  - Training and sports in groups of up to 6 is now permitted. However, you must maintain 2 metre distance, minimise equipment sharing and exercise strict hand hygiene.
  - You can only take part in sports activities with more than 6 people where it is an organised sporting activity with an approved risk assessment.
  - **Indoors:**
    - In indoor **social areas of College** (MCR Clubroom, Pfeiffer Rm and Maletin Rm) local social distancing instructions must be observed. You can meet in groups of up to 6 people. However, you must maintain social distancing and not exceed the capacity of the room.
    - **Indoor study spaces** of the College (Seminar Rm B, Rm 7 (MWB 1st floor) and Gresham Court Study Room. These study spaces are open to all resident students, but must be booked by emailing [conference@hughes.cam.ac.uk](mailto:conference@hughes.cam.ac.uk). Students must keep at least 2 metres apart, and not exceed the stated capacity of the rooms.
    - The Library is open and space should be booked at
    - **Indoor public or communal venues outside of the College** (public restaurants, places of worship etc.): You can meet in groups of up to 6 persons from 2 households but you must observe social distancing at the venue. Do not interact socially with anyone outside the group you are attending the venue with. Remember to abide by face covering regulations.

- **Visitors to College:** Visitors to the main College site will only be permitted for academic reasons (e.g. supervisions) but must inform the porters of their arrival. The porters will keep a log which will be checked by the Education Manager.
o Social visiting is not permitted unless in exceptional circumstances; such visits must be approved in advance the Deputy Senior Tutor (Welfare) of the Bursar.

- **Visits to or from other households:**
  - No visitors are permitted within Hughes accommodation. This includes members of college visiting rooms or kitchens in other households.
  - Staying with friends or relations away from Cambridge: Only do this when absolutely necessary. Only stay overnight away from your Cambridge household with members of one other household (social distancing must be maintained) and keep a list of people you stayed with in the preceding 21 days for Test and Trace purposes.
  - As part of a ‘social bubble’: Guidance on meeting people from outside your household allows, in theory, for a person living in a single person household to connect up with a second household (a ‘social bubble’) – enabling closer contact between individuals without social distancing. In the interests of safety and equity to all members of a shared College household, people living in College accommodation will not normally, in most circumstances, be allowed to operate social bubbles in this way. To do so might be unfair or lead to undue pressure on other members of a shared household since a social bubble is permitted to contain only 2 households in total. Further, all members of both households in the social bubble must isolate for 14 days if any member of either household becomes symptomatic.

3. **Your commitment to minimizing transmission of COVID-19 in Cambridge**

   **Take immediate action if you develop symptoms of COVID-19:**

   Typical symptoms of COVID-19 infection are:
   - a new continuous cough
   - a high temperature
   - loss of, or change in, your normal sense of taste or smell (anosmia)

   If you develop one or more of these symptoms you, and all other members of your household must quarantine (household isolation) in accordance with NHS guidance. Your College will also have specific information about household isolation on its website. As soon as you detect symptoms you should immediately arrange to be tested to see whether you have a COVID-19 infection.

   To do this:

   - Call Addenbrooke’s Hospital Occupational Health on 01223 216767 (8.30 am to 4.30 pm Monday to Friday), stating that you wish to be tested as part of the University of Cambridge’s testing programme. You will be offered an appointment at your choice of the University testing ‘Pod’ outside the Dyson Building on Fen Causeway (map and details here), or the S2 Pods at Addenbrooke’s Hospital (map and details here).
   - If you develop symptoms out of hours, please request a test using the NHS website.
It is essential that you email or call the Porters’ Lodge via porters@hughes.cam.ac.uk, 01223 330484 or 07917535806 (porters mobile) straight away. Do not go to the Porters’ Lodge in person. You should report in this way whether you live in College or private accommodation or not.

Your test results will be available within 24 hours via ‘MyChart’, a web-based application that enables access to results from your Addenbrooke’s electronic record. If your test is positive, you will be called by the Addenbrooke’s Hospital Occupational Health and you must self-isolate in your accommodation for 10 days from the date upon which you first experienced symptoms. Everyone else in your household group will be required to self-isolate for 14 days from that same date. You should continue to self-isolate until you receive your result, but you can come out of isolation if your test is negative, as can other members of your household.

Further advice will be given on receipt of positive and negative testing results. Your College will offer support to you during this time. Refer to the College website for FAQs on this and related matters.

The University will also offer a test even if you have only ‘flu like symptoms (such as sore throat or muscle aches) which may be similar to or be confused with those of COVID-19. If your symptoms only include these other ‘flu-like symptoms, then other members of your household do not need to quarantine unless you subsequently test positive. If you do experience such ‘flu like symptoms it is important that you arrange for a test without delay. This is because younger people often get milder symptoms of COVID-19 which might not be easily identified as such. Precautionary testing is therefore very important to potentially prevent spread of infection in the community.

The University or NHS in Cambridge do not currently offer tests for people who have experienced no symptoms.

Ensure you are familiar with government advice on when to self-isolate or household isolate.

If you have been in contact with someone with confirmed COVID-19 infection:

Comply with instructions from NHS Test and Trace:

If you are told by NHS Test and Trace that you have been in contact with a person with confirmed coronavirus infection then you must self-isolate for 14 days (refer to NHS guidance on how to do this). Email or call the Porters’ Lodge via porters@hughes.cam.ac.uk, 01223 330484 or 07917535806 (porters mobile) straight away. Do not go to the Porters’ Lodge in person.

If you do not have symptoms then any other people you live with in your household do not need to isolate as a household but you must segregate from them as much as possible. If you do have symptoms then you and any other members of your household must self-isolate, while you obtain a test with the University or NHS (see 3.1). A negative result means you will have to continue your 14 days of self-isolation (you may still develop COVID after a negative test) but others you live with can stop isolating. A positive result means your household must isolate for 14 days from the start of symptoms within the household. If someone you meet outside of your household tells you they have COVID symptoms you are not required to isolate unless you or someone in your household develops symptoms or you are contacted by NHS Test and Trace.
4. **Pastoral and wellbeing matters**

Undoubtedly, COVID-19 has brought personal hardship to many if not most of us in different ways. However, the University and Colleges are committed to offering as much help as possible, and are working closely together to this end.

The [college website](#) has contact details for sources of support (nurse, student welfare officers, tutors, etc).

The [Student Advice Service](#) offers free, confidential and independent support to all Cambridge University students.

The University's core support services, [University Counselling Service](#) and [Disability Resource Centre](#), are maintaining an online service. Do make use of them if you need to, with your Tutor’s help if needed. A vast array of online support and information can be accessed through the [University's wellbeing website](#). Finally, check your College website for information on College-based support.

Please let your Tutor or someone else know if you are feeling lonely, anxious or isolated, particularly if you are currently living in non-shared accommodation.
Annex A: How COVID-19 is transmitted and how to reduce risks

COVID-19 is transmitted in three ways:

1. Direct person-to-person contact - if an infectious person breathes droplets on you or you pick them up through physical contact with an infectious person.
2. Contact with a contaminated surface - if you touch a surface contaminated with the virus and then touch your nose, eyes or mouth, you may be infected.
3. Aerosol transmission - fine droplets of liquid containing virus are breathed out, form an aerosol and are carried through the air. You may become infected if you breathe these in.

If you are further away from someone there’s less risk of catching the virus from droplets or aerosol transmission. However, distance isn’t the only thing that matters.

- Duration - the longer you are close to an infectious person, the higher the risk.
- Fresh air - the risk is lower if you are outdoors, or in a well ventilated area,
- Direction - the risk is lower if you are not face-on with the infectious person

The risk of transmission is small at 2m and where possible, you should maintain 2m distance.

If it is not possible to keep 2m distance, reduce the risk to yourself and others at 1m by taking suitable precautions:

- Limit the number of people or households that you come into contact with, e.g. avoid peak travel
- Sit / stand side by side or behind other people, rather than facing them
- Meet people outdoors, rather than indoors
- Keep interactions brief
- Wear a face covering on public transport, in shops or crowded indoor environments
- Increase ventilation
- Avoid loud talking or singing with others

To minimise the risk of transmission via surface contact, you should:

- Regularly wash your hands using soap and water or use hand sanitiser
- Avoid touching surfaces and do not touch your face
- Dispose of waste safely, including items such as paper face masks or gloves

In all cases, you must not go to work or attend other public spaces if you are symptomatic, or a member of your household is symptomatic.