COVID-19 NEW RESTRICTIONS and ADVICE: 05.08.21

Please read Gov.uk/NHS websites frequently, as there are often weekly changes:

Please see new restrictions on meeting people: https://www.gov.uk/coronavirus This includes changes to restrictions.

You are reminded to socially distance yourself from others by 1 metre and wear a MASK WHEN INSIDE COMMUNAL AREAS OF COLLEGE. We must still be vigilant. Outdoor sports are now allowed. Students may meet outside in groups of six, involving up to two households. Areas of the UK experiencing an outbreak may be asked to follow different guidance and legislation. The University of Cambridge has a new, broadened, symptomatic testing criteria:

- **High temperature** – this means a feeling of feverishness, or a measured temperature above 37.8°C
- **New cough** – this means a new intermittent or persistent cough or worsening of your usual cough
- **A loss or change in your sense of taste or smell**, particularly in the absence of nasal congestion
- **A sore throat or**: nasal discharge or congestion, muscle aches, new hoarseness, new shortness of breath, a new wheeze, or a positive Lateral Flow test.

University students and staff and College staff: Immediately self-isolate and call the Porters’ Lodge: 01223 336000 and Addenbrooke’s on 01223 216767, 08.30-4.30 Mon-Fri., state that you wish to be tested as part of the University testing programme. You will be offered an appointment at the testing ‘pod’ at Addenbrooke’s Hospital or the Dyson Building. Avoid public transport. If you get a lot worse, or you’re still ill after 7 days, then telephone 111 and continue to self-isolate. Please do not visit the Nurse Surgery or GP Surgery as this will spread infection. **If you are unable to get to a testing pod then contact:** www.gov.uk/get-coronavirus-test. If you live in a household (i.e. sharing kitchen / bathroom) and one member shows signs of COVID-19 then all members must self-isolate until individual tests negative, and stay two metres away from each other. If the test is positive then you will isolate for 10 days after their symptoms started (if they were asymptomatic: start the ten days from when they had the test). If you start symptoms yourself, then get tested and continue isolating for 10 days from start of symptoms.

Advice:

- Please ring the University of Cambridge COVID Help Desk with any queries: 01223 339514
- *Do not* go to a GP surgery, pharmacy or hospital with flu symptoms.
- NHS online algorithm https://111.nhs.uk/covid-19
- If you are self-isolating, please inform the Porters’ Lodge immediately: 01223 (3)36000. There are procedures to assist with food provision and welfare checks. Strictly adhere to College procedures.
- Wash your hands regularly and thoroughly for 20 seconds and use hand sanitiser, see video: https://www.youtube.com/watch?v=bQCQ7watRWU&feature=youtu.be
- If you have other symptoms, such as a rash, please call your GP surgery and ask for a GP call back. *With severe difficulty breathing or other emergency call: 999 or 112.*
- For mental health during COVID: https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing Or contact counsellor@chu.cam.ac.uk or UCS: https://www.counselling.cam.ac.uk/covid-19-support You may also email the **College Nurse** if you need help accessing mental health services: nurse@chu.cam.ac.uk Remote & face to face appointments available.