COVID-19 NEW RESTRICTIONS: 05.11.20

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

Please see new restrictions on meeting people within this link: https://www.gov.uk/guidance/new-national-restrictions-from-5-november#national-restrictions-from-5-november

You are reminded to socially distance yourself from others by 2 metres and wear a mask when inside, (other than in your home), or on public transport. Leave home only for essential activities. Areas of the UK experiencing an outbreak may be asked to follow different guidance and legislation. https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing

If you have symptoms of coronavirus: High temperature above 37.8 degrees c. (if no thermometer this means you feel hot to touch on your chest or back), a new continuous cough (this means coughing a lot for more than an hour or 3 or more coughing episodes in 24hrs), a loss or change to your sense of smell or taste (this means you’ve noticed you cannot smell or taste anything or things smell or taste different to normal) you must self-isolate for ten days. University students and staff and College staff: Immediately 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. Please cycle or walk if able. 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 live in a household (i.e. sharing kitchen / bathroom) and one member shows signs of COVID-19 then all members must self-isolate for 14 days and stay two metres away from each other. Subsequently if a member shows symptoms then they must self-isolate for 10 days (even if they have reached day 14).

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.
- Use the NHS online algorithm to check what to do. It’s easy to use and takes a few minutes: https://111.nhs.uk/service/COVID-19/
- If you are self-isolating, please inform the Porters’ Lodge immediately: 01223 (3)36000 and the College Nurse: nurse@chu.cam.ac.uk. There are procedures set up to assist you with food provisions and welfare checks over the telephone. There are strict College procedures to follow.
- Wash your hands regularly for 20 seconds and use hand sanitiser, see video: https://www.youtube.com/watch?v=bQCP7waTRWU&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.