

Churchill College

Fellowship COVID FAQs

What COVID safe working practices will the College follow now that government restrictions have changed?

You will be aware that the rules the government has imposed on COVID have been relaxed. However, the risks from COVID-19 remain and we are expected to assess these risks and take measures to reduce them.

We have reviewed the [College wide risk assessment](#) and departmental risk assessments. You can help keep our community safe by continuing to follow the measures that the College has in place. These include:

- **Face coverings** – these should be worn inside College buildings, unless you are exempt from doing so, are alone or seated with food and drink or in shared offices, meeting rooms or events where all attendees are in agreement. Face coverings are optional when you are outside. Please see the [guidance document](#) although please note this document is also subject to review, pending publication of revised government guidance.
- **Social distancing** – you should continue to maintain social distancing of at least 1m wherever possible. Rooms and events set out to maximise the use of space and ventilation.
- **Lateral Flow Testing** - You can also help to keep everyone safe by taking regular lateral flow tests. These are available from pharmacies or you can order them [online for free](#). The recommended frequency of precautionary lateral flow tests is at least weekly depending on frequency of visits to site in line with students and most staff groups. We also recommend taking lateral flow tests before and after attending a College event or formal dinner likely to involve more than fifty people. All such events will have seating plans to support the College's obligations under Test and Trace.

In order to continue the events we so value without risking an outbreak and instigating increased public health restrictions we appreciate your support with the above measures. An outbreak is classed as only five or more confirmed cases.

If you have any concerns about visiting the College please contact Tom Boden at headofestates@chu.cam.ac.uk.

How is the return of students being managed?

All students will be offered a “return to Cambridge” PCR test and the University will resume its asymptomatic testing programme for the first two weeks of term. The College should therefore have good information on the incidence of COVID cases within the student population in Lent term.

Students returning from overseas will be obliged to follow government rules on quarantine.

Can I get a test if I don't have symptoms?

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others and getting regular tests is the only way to know if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading. The College encourages everybody on site to take a test regularly and in line with government guidance. You can now order free lateral flow tests online from the government, via <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> . Alternatively, they are available from pharmacies on request. Please note these tests are only for people who do not have symptoms.

The tests give a result in 30 minutes. If you get a positive result the government suggests you should self-isolate for up to ten days but you may take a further two tests 24 hours apart from day five and day six and, if both are negative, cease your isolation. While a negative lateral flow test result is reassuring it is important that you still follow all the guidelines on social distancing and face-coverings while in College, to protect yourself and others.

What should I do if I have COVID-19 symptoms?

If you are experiencing **COVID-19 symptoms** (high temperature, new cough or loss/change in sense of smell or taste) you should follow these steps:

1. Self-isolate.
2. Take a test either through the [University Testing Process](#) or an [NHS approved test](#). This is still required to be a PCR type test.
3. Complete the University's [COVID-19 monitoring form](#).
4. Read the support and guidance materials sent to you by the COVID-19 helpdesk.

Please note that if you are experiencing the following mild symptoms you don't need to self-isolate but you should get a COVID test from the University:

- A sore throat
- Nasal discharge or congestion
- Muscle aches
- New hoarseness
- New shortness of breath
- A new wheeze.

What should I do if someone in my own household tests positive, displays symptoms of COVID-19, the NHS COVID-19 app alerts me I have been in close contact with someone with the virus, or I am contacted by the government Test and Trace service and told I've been exposed to the virus?

In these circumstances you should:

1. Take a lateral flow test everyday for seven days. If any of these tests are positive you are required to self-isolate.
2. Complete the University's [COVID-19 monitoring form](#).
3. Read the support and guidance materials sent to you by the COVID-19 helpdesk.

You should follow the relevant government guidance

[Guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)

or

[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#)

What is the University COVID-19 helpdesk?

The University have a COVID-19 helpdesk. This provides:

- Advice, support and oversight of COVID-19 activity across the University
- A single point of contact for Public Health England, the Local Authority, Colleges, Fellows, staff and students, ensuring that all parties are kept informed of positive cases
- Monitoring of positive cases across the University so that it can identify and respond to outbreaks
- Tracing of close contacts of those testing positive within the University, so that it can instruct them to isolate as soon as possible and thereby reduce onward transmission.

In order to facilitate this work the University have introduced a COVID-19 monitoring form, which everybody in our College community is expected to complete if they have to self-isolate. [Details of how the personal data entered on the form should be used are available on the University's website.](#)