Quarantine Information

It is your responsibility to know whether you need to quarantine after travelling to the UK from abroad. You must take quarantine very seriously: it is crucial in order to keep yourself and the Cambridge Community safe. In addition, you can be fined £1000 if you are required to self-isolate and do not.

What to pack if you will need to quarantine

- Any medication you need for the period of quarantine. College is unable to provide medical supplies of any kind.
- A bank card that will work in the UK
- An adequate supply of face coverings
- Ensure that your mobile phone allows you to access UK data until you get onto wifi
- Enough snacks to last until you are able to order food
- Basic crockery, cutlery & a UK plug adaptor

You will be provided with bedding and towels for the quarantine period.

If you develop coronavirus symptoms while in transit to England, tell one of the crew on your plane, boat, train, or bus. They will let staff in the airport, port or station know, so they can tell you what to do when you arrive. If you have coronavirus symptoms you will not be allowed to travel by public transport and will need to demonstrate that you have suitable accommodation for self-isolation.

When you arrive

After going to your room (whether in College or in private accommodation), you must remain in your household for the full quarantine period (ie. 14 days. You are permitted to leave your room on the 15th day eg. If you arrive on the 27th September your quarantine period will last until 11th October and you are free to leave on the 12th October). You must not leave except in an emergency.

Please read the UK government guidance on quarantine: this contains full information about what you are and are not permitted to do during your period of quarantine.
During quarantine

A “Quarantine” sign will be posted on your bedroom door with the dates of the quarantine period.

In the event of an emergency evacuation (e.g. fire alarm), you should aim to remain at least 2 metres distant from all other people. Wear a face mask and avoid direct hand contact with anything outside your room as far as possible.

Staff will not enter your bedroom, kitchen or bathroom unless there is an emergency. If they are required to enter, they will wear PPE.

Food

You should not go shopping during your period of quarantine. Many shops and catering outlets offer online delivery. You can also ask someone to go shopping for you. **Please do not order any non-essential items to be delivered.**

Ordering from College

You can order a College food pack for the full 14-day quarantine period by completing the online form below. If you choose this option, you must commit to the full 14-day period:

[https://lucycav.wufoo.com/forms/quarantine-food/](https://lucycav.wufoo.com/forms/quarantine-food/)

Packs will consist of breakfast, a hot vegetarian lunch and light evening meal (sandwich, sweet and fruit). Packs are charged at £9 per day (£126 in total). You will be invoiced for this separately.

Food will be delivered daily Monday to Friday during lunchtime (lunch, evening snack and breakfast for the following morning). Meals for the weekend will be delivered on a Friday - please ensure you store these appropriately in the fridge.

If you arrive to College after 1pm, your food for that day and breakfast for the next day will be left at the Porters Lodge for you to take with you upon checking in.

Online supermarket delivery

Here are the major UK supermarkets which offer online delivery:
Online meal delivery

There are many delivery apps for meals, covering all budgets and types of food. Two common ones in Cambridge are: https://deliveroo.co.uk | https://www.just-eat.co.uk/

Online food deliveries from external companies will not come directly to your household but rather to the Porters’ Lodge. The only exceptions to this rule are the following properties:

Fossedene
The Knott
St Peter’s Street
Albion Yard
41a Madingley Road
45a Madingley Road

Returning students are asked to arrange a buddy to assist with food collection. For new students who may not be able to arrange a buddy, ideally you will order your food to arrive between 9am & 5pm to the Lucy Porters’ Lodge, this includes those living at MPH and Histon Road. This will then be delivered to your room door. We will knock and leave your food outside. Please note that we may not be able to deliver your food outside of these hours. If no-one is available to deliver your food at the time you may have to wait. Under no circumstances are you allowed to collect your food yourself unless you are in one of the above households and collecting directly from your front door.

Please do not order any non-essential items. These will not be delivered to you.

If you have to collect a food delivery while in quarantine (those in houses listed above only), you must follow this procedure:

- Wash your hands thoroughly for 20 seconds before leaving your household
- Put on a mask
- Return to your room as soon as you have collected your delivery
- Do not stop to talk to anyone
- Take the stairs rather than using a lift, if you are able to do so safely

If you need to use a shared kitchen while in quarantine
1. Wait until the kitchen is empty – do not use it while another person is in there.
2. Wash your hands for 20 seconds before entering the kitchen.
3. Wear a face covering while you are in the kitchen.
4. Wipe down all surfaces after use.
5. Take your food back to your bedroom to eat.

If you are struggling to get your food delivered, please contact your tutor.

**Housekeeping while you are in quarantine**

Laundry: It will not be possible to visit the college laundry during your time in quarantine. All items must remain in your room until your quarantine has ended.

Housekeeping and waste: you will be responsible for cleaning your own bedroom, bathroom and toilet during the 14 days; materials will be provided. If you accumulate too much food waste, Housekeeping will collect it from outside your door on a Friday between 8am and 10am, so please ensure that it is ready to be collected. General rubbish should be double bagged and remain in your room until the period of quarantine is over. After this point you can take it to the bins.

**Gardens & Outside Spaces**

If you are quarantining in one of the following houses, you may use the associated garden or outside space:

- Histon Road
- Whinside
- Fossedene
- The Gables
- The Knott
- St Peter’s Street
- Albion Yard
- 41a Madingley Road

Due to the configuration of the other accommodation blocks, we regret that it is not possible to allow quarantining students to safely use the gardens at this time.

**If you develop Covid-19 symptoms while in quarantine**

Please call the Porters’ Lodge on 01223 332190.
When your period of quarantine ends

Please email domesticbursary@lucy.cam.ac.uk and notify them that you have finished your quarantine. They will check this against the quarantine register and will log that your quarantine is now ended.

Households (once quarantine is over)

If you live in a single bedroom within College you are in a “shared household”. Your shared household is yourself plus the people you share a kitchen with; also a bathroom if your room is not en-suite.

Within your household, you are allowed to socialise with each other without the need to observe social distancing. If one person within your household develops COVID-19 symptoms, the whole household is required to self-isolate.

The UK Government permits single-adult households to form a “support bubble” with one other household. However, if you live in a shared household within College, it is NOT permitted for someone to form a support bubble with you.

Unfortunately, guests are not permitted in College currently.