

QUARANTINE INFORMATION

GUIDELINES FOR RETURNING STUDENTS

As of the current date, the UK Government has put in place a TRAFFIC LIGHT SYSTEM to clarify what is required in respect of international arrivals. It can be quite complex so please do read and take time to understand the information carefully that is available on both the government websites and in this document. You must follow these rules even if you have been vaccinated.

RED LIST COUNTRIES –**not permitted** entry to the UK unless you are a UK or Irish citizen, in which case a mandatory 10-day quarantine period will be required in a government arranged hotel.

- [Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19)
- [Red, amber and green list rules for entering England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england)
- [Quarantine and testing if you've been in an amber list country - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/quarantine-and-testing-if-youve-been-in-an-amber-list-country)

AMBER LIST COUNTRIES - If you have been in an amber country or territory within the 10 days prior to your flight, there are two basic routes, if you are fully vaccinated under the UK vaccination programme and if you are not. The key phrase of note is **under the UK vaccination programme**

Fully vaccinated under the UK vaccination programme means:

- fully vaccinated in the **UK** or under the **UK vaccine programme overseas**
- fully vaccinated with an **approved EU or USA Vaccine**. Please see the link below for further details as to which EU countries and USA vaccines qualify

<https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>

what qualifies as fully vaccinated is covered therein.

- participating or have participated in a formally approved clinical trial of a coronavirus vaccine in the UK
- ordinarily resident in the UK and under the age of 18 at the time you arrive

You must have had your final dose of the vaccine at least 14 whole days before the date you arrive in England. The day you have your final dose of the vaccine does not count as one of the 14 days. You may have had one dose of the vaccine in the UK and one dose under the UK vaccine programme overseas. The UK vaccine programme overseas applies to:

- residents of the British Overseas Territories, the Channel Islands and the Isle of Man with the UK government, and their dependants under 18
- crown servants, UK government contractors or other personnel posted or based overseas under the FCDO staff COVID-19 vaccination programme and their dependants
- military or civilian personnel, UK government contractors and their dependants at a military posting overseas, including the British Overseas Territories, the Channel Islands and the Isle of Man, under the vaccination scheme provided or approved by the UK Defence Medical Services

The UK government is working with the British Overseas Territory governments to agree what form the proof of

vaccination should take.

If you are coming from anywhere else which is not covered under the above, (ie UK Vaccination programme, approved EU or USA vaccines) even if you have received a vaccine in your home country, currently you would fall under the NOT fully vaccinated under the **UK vaccination programme**, and you must [follow the amber list rules for people who are not fully UK vaccinated](#).

Before you travel to England you must:

- [take a COVID-19 test](#)
- [book and pay for day 2 and day 8 COVID-19 travel tests](#) – to be taken after arrival in the UK

Once you get here, you must then:

- quarantine at home or wherever you are resident for 10 days (this must be in a single location only with the day of arrival being counted as day zero, so day one starts the day **after** you arrive)
- take a COVID-19 test on or before **day 2** and on or after **day 8** both of which must be negative for you to leave quarantine after your full 10 days.
- Please ensure you report ALL results to the Isolation Team in college (who may be reached on the following email at: HOM-isolation-team@homerton.cam.ac.uk of any tests taken) as well as to the Porters.

Read about [quarantine and taking COVID-19 tests](#).

You may be able to end quarantine early should you so wish if you pay for a private COVID-19 test through the [Test to Release scheme](#) only if your test result is negative when received. Regardless of this option, you must still take a day 2 and pre-arrival test and please note this option is only available after having spent 5 FULL days in quarantine so the actual exit day if applicable (due to a negative result) would be day 6 or 7.

Finally, **GREEN LIST COUNTRIES** – if your country changes status from Amber to Green or is on the green list originally, then quarantine is **NOT** required upon arrival, however you must still follow the pre-arrival information as for amber countries, as in take a test and pre-book a test for day 2.

[take a COVID-19 test](#) on or before day 2 after you land

(You do not need to quarantine unless the test result is positive.)

You **must** however [quarantine](#) if NHS Test & Trace subsequently contacts you to inform you that you travelled to England with someone who has tested positive for COVID-19.

All details explained above can be found here should you wish:

[Red, amber and green list rules for entering England - GOV.UK \(www.gov.uk\)](#)

As a student you may undergo said quarantine period in your college room, but if you prefer, you can arrange to spend your quarantine period elsewhere in the UK before returning to college – for instance staying with family or in a hotel, but please let us know should you intend to do this for our records. The information below should help you prepare for the quarantine period and explain how College will offer support during this time.

If you arrive in England without proof, you tested negative for COVID-19 in the 72 hours before departure, you could be fined £500.

UNIVERSITY GUIDANCE FOR RETURNING STUDENTS ENTERING QUARANTINE

Please make sure you familiarise yourself with the University's updated guidance for both returning students

<https://www.cam.ac.uk/coronavirus/students/guidance-for-all-students/guidance-for-students-with-permission-to->

[return-to-college-accommodation](#)) and residents (<https://www.cam.ac.uk/coronavirus/students/guidance-for-all-students/guidance-for-resident-students>).

HOW SHOULD I TRAVEL BACK TO COLLEGE?

It is your responsibility to arrange travel to Cambridge, making as little contact as possible with others. The public transport options are train or coach <https://www.nationalexpress.com/en> <https://www.nationalrail.co.uk/> or you may prefer to get a taxi, in which case it is much cheaper to pre-book a taxi to pick you up than to use a black cab at the airport (although note that any taxi will be much more expensive than the public transport options). You should wear a face covering and gloves for your journey.

WHAT WILL HAPPEN WHEN I ARRIVE?

When you arrive at Homerton College you should go straight to the Porters' Lodge, where they will be able to issue your room key and show you where to go. They will discuss details of the current support system with you, explain your PEEP arrangements and fire safety details.

YOUR ROOM

You will undertake your quarantine in your normal college room in single-person Households (ensuite room). **Please ensure you remain within this space for the duration of the time in quarantine**, except in the cases below. Do not visit any shared spaces in the College. Do not receive in-person visitors to your room.

You will not have access to laundry facilities (so be prepared to hand-wash any clothes if required – we will provide you with some detergent if necessary). You will be responsible for cleaning your own room, bathroom, and toilet during this time. General rubbish should be double bagged (using the bags provided) and then left outside your room (though usually they would be placed in the bin in your designated kitchen (this will be emptied daily). Let us know if you would like fresh towels or bedlinen and they can be provided by the Housekeeping team.

PERSONAL EMERGENCY EVACUATION PLAN (PEEP)

The Porters will contact you to provide information about what to do in the event of an emergency that would require you to leave your Household. An agreed PEEP will then be sent to you.

ACCESS TO OUTDOOR SPACE

An area has been designated outside each accommodation building for the use of students who are quarantining therein. Further guidelines about accessing this space, including the use of PPE and the designated times of use, will be provided to you by the Porters. Currently the assigned space may be used during daylight hours but please ensure you maintain safe distances (generally 1 metre plus) and minimise all contact with others even when outdoors and in this space. If the area is occupied when you visit, then we ask you to use your common sense and come back later.

COLLEGE SUPPORT SYSTEM

WELFARE CHECKS AND QUARANTINE SUPPORT

Your Tutors will call on you regularly to check on your welfare, so please bring any concerns to their attention. We will also offer delivery and shopping support with a team of personnel based in the Mary Allen Building called

Isolation/Quarantine Support whom you may get in touch with directly if you need help with shopping, receipt of library books, amazon or any other personal deliveries. The Porters will of course offer their usual role and support as required and the isolation staff will work alongside them to help get things delivered to you as needed. They are contactable via email or phone at isolation-support@homerton.cam.ac.uk or via 01223 747086.

For all quarantine related queries, to provide flight and arrival date information or updates or should you have any other queries not answered in this document, please get in touch on the email shown:

Quarantine-coordinator@homerton.cam.ac.uk

WHAT WILL HAPPEN IF I HAVE HEALTH ISSUES DURING QUARANTINE?

If you have any symptoms of COVID-19 (fever, new dry persistent cough, or loss of taste and/or smell), check these symptoms with the NHS 111 online service (<https://111.nhs.uk/service/COVID-19>). The University has a rapid COVID testing service and we can arrange for you to be tested quickly if you have any symptoms:

<https://www.cam.ac.uk/coronavirus/students/health-and-well-being#testing>.

You should also immediately advise the Porters on 01223 747111 or via email at porters@homerton.cam.ac.uk who will support you with further help as required and advise the Isolation team as necessary if Covid related issue. You may also contact the College Student Health Advisor in college Sandy Chambers (registered nurse) for any other health queries, by email on: sc606@homerton.cam.ac.uk

Finally, should you be advised to take a test or receive any Covid related contact from either the NHS or the University, then please ensure that you inform Homerton's Isolation Team on the email shown below. It is key they are kept up to date with all information pertaining to tests, test results or track and trace contact to ensure any adjustments/updates to the support systems can be activated as needed. If you do decide to take a private test after your 5-day period as now permitted, then please ensure the results are communicated with the Isolation Team as soon as you have them, as you may not leave quarantine until you have provided the required evidence to confirm your negative test result.

As a reminder, they can be reached via Hom-Isolation-Team@homerton.cam.ac.uk

And for University wide overall health and "stay-safe" advice, please take the time to access the following as there is lots of useful information included. <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni>

Please make sure that you also bring a sufficient supply of any prescription medicine you need with you when returning to college.

PLANNING YOUR TIME

You will need to think carefully how to use this time in a positive way, as it may be quite challenging. You will probably want to get on with some academic work, but you will need to create structure in your day, and it is also important to think about how you are going to relax, exercise and break up the day. If you'd like, create a timetable for these 10 days. Pre-load your laptop and/or phone with any reading you have been meaning to do for enjoyment (or bring some books!), your favourite music and movies, some exercise videos or a favourite mindfulness app. Think about bringing materials for hobbies and pastimes – such as sewing or knitting, art activities, etc. You could also borrow books, DVDs or CDs from the College's Library email library@homerton.cam.ac.uk for more information). Think about how you are going to keep in touch with family and friends.

GENERAL QUESTIONS & INFORMATION

Please note it is still a college policy to wear face coverings in all communal and enclosed space (this does not include inside your own bedroom but moving to and from the kitchen, around the corridors as you go to the designated outside space would be examples of when this **would** apply). We would also recommend that you observe social distancing to keep yourselves and others in the college community safe.

What should I bring with me? As well as some resources to help you to pass the time you should bring:

- A digital thermometer
- A packet of paracetamol
- Small first aid kit
- At least two months' supply of any prescription medication
- Some washable face masks
- Some hand-washing detergent
- Some non-perishable favourite food and snacks
- A laptop or tablet and smartphone, kindle if you like to read
- Basic essential toiletries including toothpaste and toothbrush, deodorant, shampoo and soap or shower gel
- If you can, and wish to cook for yourself occasionally, pots or pans to prepare meals with (though these may be ordered online via amazon etc once you arrive and delivered to the college)

The household you will be returning into has been advised of your arrival in advance and the fact that you will be going into quarantine and what that means for both you and for themselves. This includes all pertinent details re the rules you have been asked to follow here and to ensure their awareness that they should not have any contact with you while you are in quarantine. Please ensure therefore that you stick to the rules as indicated. Breaches will be notified to the Porters and actioned accordingly.

FOOD AND OTHER SUPPLIES

How will I get my meals?

For the period of your quarantine, our college catering department will be scheduling a team who will deliver meals to be left outside your door, every day from the college hot meal counter menus. This will be provided 7 days a week, with a hot lunch provided daily and sandwich provision for weekend evenings. Orders for your daily meal should be made via our college booking system the link for which is attached: <https://www.upay.co.uk/app/>

You should login with your Cambridge email address and password contained in the email from Upay, the account has already been created– if you have any issues with your email access then you should contact the college Finance department on ts649@homerton.cam.ac.uk and they will be able to assist you. We also ask that you please follow the guidance given by the catering department to ensure efficient delivery:

- **It is VERY IMPORTANT that below 'Delivery Location' in the Upay order system, you type your floor, room number and that it is a lunch/dinner order**
- **The menus are dated, so you must select from the correct date and may not change menus around as they are solely available on the date under which they are shown. Please select the products relevant to the current delivery date/lunch or dinner ONLY.**

- **Any issues, please contact catering directly for support on catering@homerton.cam.ac.uk**

Pre-your arrival, the catering department have also supplied you with a 24-hour survival pack of basic items to support you for your first day. This will include items such as tea, coffee, biscuits, milk etc. which will be left in your room before you check in. You should also have a travel kettle in your room to make hot drinks.

Can I order takeaways & food deliveries from outside instead?

Unfortunately, the answer to this is no, as it will not be possible to deliver takeaways such as Deliveroo etc given the numbers involved, and as you are obviously unable to come out to collect them, we kindly ask that you do not order them.

Can I cook/prepare my own food?

Our usual policy is no, kitchen access is not permitted to allow the best infection control for the entire household, whilst in quarantine. You can arrange an online supermarket delivery of food– for instance from Tesco, Sainsburys, Asda, or Aldi all of which you will find contact information for online. These should be delivered to the Porters' Lodge, Homerton College, Hills Road, CB2 8PH, between 8.00 am and 7.00 pm. We can only handle **one online delivery per student quarantining** per week, and a member of the isolation support or porters' team will sort all deliveries and then bring it to your room and leave it outside. They will notify you in advance that the delivery is on the way by email. You should of course not come out of your room to meet them but wait until the delivery has arrived and then when they have left, bring it inside. Please communicate with them clearly (isolation support email) the time and delivery slot you have been assigned as well as your name, room number and supermarket making the delivery. With the numbers of students expected in quarantine, this will help the team managing these deliveries organise their schedules etc.

May I have other parcels/personal post delivered to the college?

Yes, you can have (non-perishable) parcels & mail delivered to the college, such as from amazon or other family, but we cannot guarantee precisely when they will be delivered to your room, dependant on volume of deliveries and availability of personnel to get them to you. So therefore, please limit orders to necessary items only as otherwise you may not get them until you are out of quarantine.

Am I allowed outside?

For the period you are undergoing the quarantine you need **to remain in your room and minimise all contact with others** as much as possible. College has however agreed to offer limited access to an outside space near your quarantine room where you may take fresh air. This will be clearly marked & cordoned off and is the **ONLY** outside area you will be permitted to use. We will let you know your specified outside area once in residence & we encourage you to maintain distance between yourself and others when in this area. **Please note:** There will be serious consequences for breaking the quarantine rules as instructed. (See below).

Smoking – am I allowed to smoke whilst in quarantine?

Smoking is not permitted during quarantine as it negates the very purposes of restricting contact and remaining

quarantined (smoking shelters in college are in specified outdoor areas). Smoking within your room is also strictly prohibited as it will set off fire alarms and is therefore a safety risk. Flouting the rules will be addressed very seriously as a result. Should you need support to stick to this temporary situation, may we recommend you consider nicotine patches as a support mechanism.

When will my quarantine finish?

We will count 10 full days from **the first day after** you arrive in college (as per the government advice, arrival day is to be counted as day zero) and therefore typically an arrival on the 3rd for example would mean day 1 is the 4th, day 10 is therefore the 13th and you would finish your quarantine at 9.00 am on the morning after the 14th as a result. This will be recorded by the porters when you arrive, so that everyone is clear. Assuming that you do not develop symptoms of COVID-19 you will then be able to leave quarantine once completed and start your normal life in Cambridge. However if you **DO** develop any symptoms, it is vital you let the Porters' Lodge know at once at 01223 747111 or via email at porters@homerton.cam.ac.uk so that we can arrange for you to be tested, and cared for as needed. If you do decide to take a private test, we remind you that the negative test result if received, must be sent to the Isolation team, **prior to you being given permission to exit quarantine.**

What will happen if I break the rules?

Please be clear that we expect you to adhere to all guidance as given. Any breaches of quarantine will be treated as an extremely serious matter, as they impact on the safety of all students as well as the wider college community. They will be dealt with in the first instance by the college Dean and will result in a minimum financial charge of at least £ 150, with the added possibility that the provision of college accommodation may be withdrawn for the remainder of your studies.

If you break the quarantine rules, you may face a penalty of up to £10,000. (Taken from the government website)

[Quarantine and testing if you've been in an amber list country - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

The college is only able to offer a quarantine service to students who are willing to adhere to the quarantine period in their allocated room. If you cannot stick to the rules, then you should not undertake quarantine in college but decide to do so elsewhere and let us know accordingly.

ENDING QUARANTINE

Assuming that you do not develop any symptoms of COVID-19 you will be able to leave quarantine and start your normal life in Cambridge once the required quarantine period has been completed. If you DO develop any symptoms, you must let the Porters' Lodge and the Isolation Team know at once -so that we can provide you with information as to how to get tested and be cared for as needed. To confirm the end of your quarantine, please email the Quarantine-co-ordinator who will advise.

USEFUL EMAILS AND PHONE NUMBERS:

Porters' Lodge: porters@homerton.cam.ac.uk, or by telephone at 01223 747 111

Student Health Advisor, Sandy Chambers: sc606@homerton.cam.ac.uk

Quarantine Support: Quarantine-Coordinator@homerton.cam.ac.uk

Senior Tutor, Penny Barton: seniortutor@homerton.cam.ac.uk

Graduate Tutor, Melanie Keene: mjk32@cam.ac.uk

Tutorial Office: tutorial@homerton.cam.ac.uk

Housekeeping: housekeeping@homerton.cam.ac.uk

Covid Isolation Advice and general information or support Hom-Isolation-Team@homerton.cam.ac.uk

RESOURCES AND LINKS

- University of Cambridge Writing Group – now holding regular online sessions, which can be helpful to structure your day: <https://www.facebook.com/groups/410054982353764>
- LinkedIn Learning at Cambridge Hub:
<https://universityofcambridgecloud.sharepoint.com/sites/LinkedInLearning>
- Mental health support:
 - <https://www.counselling.cam.ac.uk/covid-19-support>
 - <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
 - <https://www.happinesslab.fm/coronavirus-bonus-episodes/beat-your-isolation-loneliness>