REPORT SYMPTOMS AND GET A TEST

IF YOU ARE EXPERIENCING COVID-19 SYMPTOMS YOU MUST FOLLOW THESE STEPS:

1. Self-isolate.
   - Let your College know that you are self-isolating (your College will have informed you of the key contact to notify).
   - Your household will need to isolate too. Your College will tell them this, but it makes sense for you to tell them as well.

2. Take a test either through the University Testing Process or an NHS approved 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.

5. Follow the instructions provided by your College on how to access remote teaching and learning.

6. If you will miss face-to-face teaching, let your faculty know that you are self-isolating.

#StaySafeCambridgeUni

IF YOU RECEIVE A POSITIVE TEST RESULT YOU MUST:

1. Self-isolate for 10 days.

2. Let your household know as they must self-isolate for 14 days.

3. Let your college know and update your test results on the University’s COVID-19 monitoring form.

4. Provide contact details on the University’s COVID-19 monitoring form in order to initiate track and tracing.

Complete the University’s Covid-19 monitoring form at cam.ac.uk/staysafecambridgeuni/covidform

IF YOU RECEIVE A NEGATIVE TEST RESULT:

1. Let your College know your result.

2. Update your test results on the University’s COVID-19 monitoring form.

3. Don’t assume that you (and your household) can stop self-isolating at this point, as this may be affected by the condition of other close contacts. Continue to self-isolate and consult with your College to be given the all-clear to stop self-isolation.

If you have any queries about this process please contact the COVID-19 Helpdesk by email covid-helpdesk@admin.cam.ac.uk.

If you have concerns about your symptoms you should contact your College Nurse, your GP or NHS 111 (out of office hours) for advice.

If you have symptoms get a test: book online at cam.ac.uk/bookatest cam.ac.uk/staysafecambridgeuni