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).

2. If advised by your College, your household will need to isolate too.

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

4. **Complete the University’s COVID-19 monitoring form.**

5. Read the support and guidance materials sent to you by the COVID-19 helpdesk.

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

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

8. 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 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. You and your household members can stop self-isolating unless you have been advised otherwise. If another member of your household has received a positive result, you will need to continue to self-isolate.