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**Subject:** Covid-19 - Update from Chad's #5  
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Dear Chadsians,

This feels like one of the longer weeks in my life. I'm sure I'm not the only one...

### Wednesday's update:

Chad's is emptying quite fast now. **Our advice is please get to where you need/want to reside for the foreseeable future as soon as you can.** We don't want you to be stuck far from the place you need to be. If you have to self-isolate here in Durham before you hope to travel, you would not be able to use public transport and would need to self-isolate in Durham. Please ensure that you have enough supplies to get you through such an eventuality.

- Please do not use public spaces in colleges - libraries, common rooms etc
- We ask that only livers in on catered packages now use the dining room and that when you do, please use the hand gel and sit at least six feet away from anyone else. Feel free to take your meal to the Quad or your room (**but bring your crockery and cutlery back afterwards**)
- to help protect our staff (as well as yourself) please keep visits to reception to a minimum and please try to keep 6 feet away from the member of staff on duty
- please do not make any unnecessary online orders for delivery to college.
- **If you are leaving College, leave your key. If you have taken it with you, please send it back asap!**

### Student Support

- Staff are beginning to work from home so please access Chad's student support in the first instance on-line: [chads.support@durham.ac.uk](mailto:chads.support@durham.ac.uk). Our chaplain, David Rushton [chads.chaplain@durham.ac.uk](mailto:chads.chaplain@durham.ac.uk) and your college tutor will also be happy to offer on-line/distance support. Support from the University Counselling Service is still available on-line. Please check here: <https://www.dur.ac.uk/counselling.service/>
- Please let [chads.support@durham.ac.uk](mailto:chads.support@durham.ac.uk) know immediately if you are doing the following (even if you have already left Durham):
  - self-isolating (not tested);
  - self-isolating (tested awaiting results);
  - Confirmed case of Covid-19.

### Usual reminders:

- **Latest health advice and information** and guidance from Public Health England [dedicated web page](#), the NHS and the Government.

- **Keep washing your hands with soap and water for at least 20 seconds.**
- *If you do feel unwell with a new continuous cough or a fever, you should stay at home for seven days and visit [111.nhs.uk](https://111.nhs.uk). Do not go to your GP or pharmacist.*
- *The University will provide daily updates via email and its website. Please do take the time to read the FAQs on our web page and if you have a question or comment that is not addressed within the FAQs, please email [coronavirus.information@durham.ac.uk](mailto:coronavirus.information@durham.ac.uk)*

I will send you daily e-mail updates this week, then again on Monday and, after that, regularly, but less frequently. I will send an e-mail on Friday to all students who are staying on in College or Trinity Hall or Hallgarth Street with specific guidance for you as continuing residents.

Best wishes to you all. And try to stay safe!

Dr Masson

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