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Subject: Covid-19 - e-mail for Chad's Residents
Date: 20 March 2020 21:54:16
Attachments: [CORONAVIRUS ADVICE.pdf](#)
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For those of you who are staying in College - whether Bailey Buildings, Trinity Hall or Hallgarth Street, I wanted to keep in touch with you and make sure you have the information you need. We will add to this next week, so please let me know if you have any questions about anything we have missed here.

Staff presence

- From tomorrow, College will be operating with a much smaller staff team present. Most staff have been advised to work from home from this afternoon. For the coming week, we still hope to be able to operate a 24/7 reception cover (although that does not mean the porter will always be present in reception, but they will be around College). We will review this after the first week and probably scale back somewhat. We will let you know.
- Some of our cleaners will be in on Monday and Tuesday to finish cleaning rooms and public areas of college. After that, we will not ask them to come in but will make sure there are cleaning materials available for you to clean your rooms.
- Please keep visits to reception to a minimum and although our staff are incurably friendly, please keep your distance - for their sake even more than yours. They are at higher risk and we are grateful that they are willing to continue to be present.
- Please do not make any unnecessary online orders for delivery to College. Reception coverage will be increasingly scaled back in and we cannot guarantee someone will be available to accept delivery.

Buildings

- For the time being, as the government is encouraging us to do all we can to avoid the spread of this virus, we will continue to keep communal areas of the College locked - dining room, libraries, common rooms. We will keep this under review.
- Although we are encouraged to practice social distancing, there are spaces in college - the Quad, the gardens - where we can still be with others but at a distance and amidst lots of fresh air. We are lucky to live close to some beautiful open spaces. And do remember that the Cathedral is staying open so that people can go there, enjoy a beautiful historic space whilst keeping a safe distance from others.
- Take extra precautions to prevent fire: no unattended cooking, electrical equipment etc
- Take extra precautions to keep our buildings secure. Ensure that doors are shut behind you; do not share codes with anyone else. If you see anything concerning, please report it at once to reception.
- There may be contractors in some buildings over the next few weeks - we will try to give you more information about this next week.

Please be responsible about waste disposal - more details on this next week.

Your health and safety

- Continue to follow health advice from the Government, the NHS and Public Health England's Latest health advice and information and guidance [dedicated web page](#).
 - Please avoid contact with others; to avoid risk to yourselves and to others, please practice social distancing - even although this goes against all our instincts to be sociable and friendly.
 - Do look after your mental health - although you should keep your distance, do keep in touch with others virtually. We hope that the **chad's-john's still here and back early facebook page** here: <https://www.facebook.com/groups/269255520311999/?ref=share> will be an effective way of staying in touch for you especially - a kind of virtual community to offer mutual support and to reach out for help from fellow Chadsians.
 - If you do feel unwell with a new continuous cough or a fever, you should self-isolate for seven days and visit 111.nhs.uk. Do not go to your GP or pharmacist.
 - Practice self-care - sleep, food, exercise.
 - Please find attached a document with advice about what to do if you need to self-isolate.
- In advance of any such necessity, please make sure you have enough supplies to last for 7 - 14 days in case you are not able to go shopping.** Remember, on-line ordering services will be stretched beyond capacity, so you should not depend on them.

Hygiene

- Please make every effort to clean up after yourselves. This is especially important when using communal kitchens and bathrooms. Please disinfect each surface you have touched and please wash up any crockery and cutlery right after use.
- wash your hands often (and probably use handcream!)

Student Support

- Staff are mostly working from home now so please continue to access Chad's student support on-line: chads.support@durham.ac.uk. Our chaplain, David Rushton 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/>
- Student Minds has a very good website that may be of help: <https://www.studentminds.org.uk/coronavirus.html>



Coronavirus - Student Minds

Please follow NHS guidance and Government guidance for up-to-date information as the situation continues to develop. Your University or Students' Union may issue additional guidance relevant to your local

- Please let chads.support@durham.ac.uk know immediately if you are doing the following:
 - self-isolating (not tested);
 - self-isolating (tested awaiting results);
 - Confirmed case of Covid-19.

Information

- We will send you e-mails when there is new information to share
- Please let us know if you decide to move out/leave Durham.
- Please check the University Covid10 webpage and if you have a question or comment that is not addressed within the FAQs, please email coronavirus.information@durham.ac.uk

Contact details

- Chad's reception: 0191 334 3358
- College Officer on Duty: 07930 623050

Stay safe and stay in touch!

All good wishes,

Dr Masson

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