



Communicable diseases

If you contract any of the following conditions please inform the college nurse nurse@sid.cam.ac.uk and email notify@sid.cam.ac.uk just stating you have the condition and your name.

NOROVIRUS

Norovirus is a vomiting virus that spreads very easily between people. It is characterised by sudden onset of vomiting and/or diarrhoea. You may also notice a raised temperature, headache and pain in joints.

Please note the following guidelines to avoid this virus spreading:

- Wash hands frequently using warm water and a liquid soap and dry thoroughly with a disposable paper towel. (Especially after using the toilet and before eating or preparing foods)
- Wash your hands before and after touching your mouth, and coughing or sneezing into your hands.
- Do not share towels, flannels, cutlery, or utensils with other occupants of your residence.
- Ensure that toilet, toilet seat and toilet area, flush handles, taps and door handles are cleaned after each bout of diarrhoea or vomiting, so as not to spread the virus.

If you think you have contracted Norovirus, **stay in your room and drink lots of clear fluids**, then:

- Notify the College Nurse, nurse@sid.cam.ac.uk and housekeeping housekeeper@sid.cam.ac.uk.
- Flush away and clean up vomit, making sure you wash your hands really well using soap and water.
- Remember, please clean and disinfect hard surfaces as soon as possible and report any contamination of soft furnishings to housekeeping staff immediately, 01223 338880.

To avoid spreading the virus, it is best not to venture out and come into direct contact with other people until **free from symptoms for 48 hours**.

PANDEMIC FLU

Flu develops suddenly and be severe. Symptoms usually include fever, chills, headaches and aching muscles. A cough, sore throat or conjunctivitis may develop at the same time.

Please note the following guidelines to avoid this virus spreading

- Maintain good basic hygiene, for example washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face, or to other people.
- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully – bag and bin them.
- Cleaning hard surfaces (e.g. kitchen worktops, door handles) frequently, using a normal cleaning product.

All students should have a thermometer, over the counter flu medication and alcohol based hand gel for own use.

You should agree two Flu Friends within college and exchange mobile phone numbers, register with a Cambridge doctor and be familiar with meningitis symptoms.

If you contract flu, stay in your room and have plenty to drink.

- Take flu medication.
- Inform college nurse nurse@sid.cam.ac.uk
- Inform Flu Friends and ask them to get anything you need.
- Inform tutor, Director of Studies and supervisors that you are ill.
- Contact your GP because when a pandemic virus is circulating antiviral vaccines are produced.

Seek medical assistance if the condition worsens.

If you suspect meningitis, seek urgent medical assistance

MENINGITIS

Meningitis is an illness where the coverings of the brain and spinal cord become inflamed and viruses, bacteria, or other agents can cause it.

The early signs of meningitis are similar to flu however, someone with meningitis will become very ill. This can happen within hours or may progress over a couple of days.

The following are signs and symptoms but they may not all be present:

Headache

Fever

Vomiting

Neck stiffness, joint pain

Drowsiness or confusion – coma

Dislike of bright lights

Rash of red-purple spots or bruises (This rash is due to septicaemia and does not fade when pressed)

**Seek urgent medical help if you think you someone has the disease.
Take the person to the nearest casualty department in an emergency.**

<http://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/health-and-welfare-guidelines>

MUMPS

Mumps is a contagious viral infection it is recognisable by the painful swellings located at the side of the face under the ears giving a distinctive “hamster face” appearance. Other symptoms include headache, joint pain and a high temperature.

See your GP so that they can confirm or rule out mumps.

Mumps can be spread in the same way as colds and flu, inside infected droplets of saliva that are inhaled or picked up from surfaces and passed into the mouth or nose.

A person is most contagious one to two days before the onset of symptoms and for five days afterwards.

There is no cure for mumps but paracetamol or ibuprofen and applying a cold compress to swollen glands will relieve the pain.

To avoid spreading the virus, it is best not to venture out and come into direct contact with other people **for 5 days after the onset of symptoms.**

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