# Coronavirus and Queen’s

*Updated* ***Friday 13th March*** *2020*

The Church of England and the Methodist Church have recently updated their advice, as have the Government. This document explains our *current* response at Queen’s (in the light of the updated advice), which seeks to balance appropriate care with the realities of sharing together as a community.

### Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

* **new persistent cough** *and/or*
* **high temperature** (above 37.8°C)

For most people, coronavirus (COVID-19) will be a mild infection.

If you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started and follow the guidance below.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

If you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environment

**Please inform** our Wellbeing Officer (attwoode@queens.ac.uk) and your personal tutor/Director of your Centre if you have any symptoms and are self-isolating. If you live on site, please also inform Jonathan Bennett.

### General good practice

There are general principles to help prevent the spread of respiratory viruses, including:

* **wash your hands often** - with soap and water for 20-30 seconds, or use alcohol sanitiser (with >60% alcohol) if handwashing facilities are not available. This is particularly important after taking public transport
* **cover your cough or sneeze with a tissue**, then throw it in a bin.
* **avoid touching your eyes, nose, and mouth** with unwashed hands.
* **avoid close contact** with people who are **unwell**
* **clean and disinfect** frequently touched objects and surfaces

**In relation to Queen’s, everyone should wash their hands:**

* before leaving home
* on arrival at college
* after using the toilet
* after breaks
* before going to chapel (because we may handle hymnbooks and other shared objects)
* before food preparation
* before eating any food (particularly in the college dining room)
* before leaving college

There is further information on the [Public Health England Blog](https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/) and the [NHS UK website](https://www.nhs.uk/conditions/coronavirus-covid-19/)

## Worship at Queen’s

### Bread at holy communion

* Those assisting in setting up for communion services (setting out bread) will need to make sure they have cleaned their hands thoroughly, using hot soapy water or appropriate sanitising gel.
* The presider and those assisting with distribution should also clean their hands thoroughly before touching the bread. They also need to make sure that as they distribute the bread, they do not touch the hands of communicants – this will prevent any possible cross-contamination.

### Wine at holy communion

* We are now offering communion in one kind only (the bread). We are suspending use of wine until further notice.

### Sharing the Peace

Sharing the peace by means of a handshake carries the risk of passing on infection from hand to hand. We suggest that we share the peace using other means (such as using the BSL sign for ‘Peace be with you’ or offering an ‘elbow bump’).

### Signing with the cross using water from the font

We are suspending the use of water from the font until further notice.

### Shaking hands with greeters on arrival, and with the preacher and service leader after the service

We are asking that greeters do not shake hands with people as they arrive, and that leader and preacher do not shake hands with people as they leave (they can still wait at the door).

Eunice Attwood and Mark Earey – 13th March 2020