

SPC Guide to Self-Isolation

A guide for those living in St Peter's accommodation

What is self-isolation?

Self-isolation means remaining in your room and not mixing with others in your household or using shared spaces. If you share a bathroom you must ensure you wear a mask when leaving your room and wipe down all surfaces you touch before and after use.

When will I need to self-isolate?

In order to protect the University and College community, you are asked to self-isolate if you experience symptoms of COVID-19 and / or if you test positive for COVID-19 on an LFD test.

The main symptoms of COVID-19 are:

- A new, continuous cough / coughing a lot for an hour / 3 coughing episodes in 24 hours
- A change in your ability to taste and smell
- A high temperature

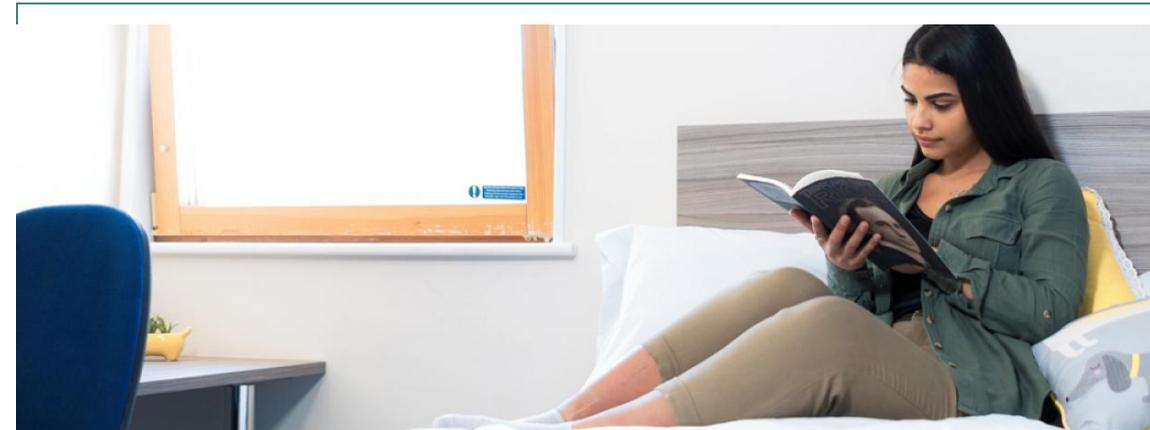
If you have symptoms of COVID-19 please :

- return to your room and self-isolate
- **call the Porters' Lodge on 01865 278900 (anytime 24/7).**

The Lodge can provide you with an LFD test, these are also be available to purchase in Boots and at other high street chemists.

Government guidance about testing can be found [here](#).

If the result of this test is positive you should isolate in accordance with current government guidance.



How long will I need to self-isolate?

Starting from the day you test positive (day 0), you should continue to isolate for at least five full days (day 6). If you continue to be unwell or have a fever, you should continue to isolate until day 10.

If you are able to leave isolation after five days, please be aware that you may still be able to spread the infection. There are members of the College, University and wider community who are at higher risk of Covid 19.

Exam Arrangements

If you are self-isolating and have University or departmental examinations within 10 days of the start of your isolation period, please email the College Registrar catherine.whalley@spc.ox.ac.uk. Catherine will be able to advise and support you.

Be Ready – Preparing to Self-isolate

It is worth preparing for self-isolation ahead of time, both in terms of making practical arrangements and in considering how you can best manage your mental health during this time.

Register with the College Doctors' Practice

If you are not registered with the College Doctor, you can do so here:

<https://www.campusdoctor.co.uk/university.html>

<https://www.leaverandpartnersjericho.nhs.uk/>

Things to purchase ahead of time:

Food: College will deliver meals to you whilst you are isolating but you should stock up on things you may require and snacks which you enjoy, including some special treats.

Health and Sanitary Items: It is a good plan to ensure you have paracetamol available in case of headache or fever. You may also wish to purchase: tissues; cough medicine, sanitary items; shaving kit and items for pampering yourself from time to time.

Practical items: in most College rooms you are allowed a kettle and a mini fridge, both are useful whilst isolating. You need to register your fridge with accommodation@spc.ox.ac.uk. You may wish to ensure you have a hot water bottle, and a cold gel pack.

Invest in your environment

Think about how you can make the best of your room in order to be comfortable. You may wish to buy a soft blanket, plants, a light or alarm clock with a daylight bulb.

Plan your time

You may wish to be ready with a schedule ahead of time. It will help to maintain a regular routine and keep a normal structure to your day. Plan in something for the morning, afternoon, and evening. Try to go to sleep, eat and get up at similar times each day. Our bodies have a natural 24-hour circadian rhythm which affects hormone balance and works best if a regular daily routine is repeated. Most research suggests humans need 7-8 hours' sleep a night. Go to bed at the same time each night & stop working at least an hour before sleep, relax for 30 minutes before getting into bed.



You might:

Look at joining regular online classes such as: yoga, pilates, work out sessions, mindfulness sessions. These can add routine and structure to your day and be fitted in around online tutorials.

Plan some online training or lessons which you can undertake and be ready to think about a hobby or skill you have wanted to try. Purchase related items ahead of time.

Arrange virtual conversations and meet ups.

Plan to reach out when you need to do so – as well as friends and family, the Health, Wellbeing and Welfare Team would like to hear from you and can offer support.



Can I Continue to Study Whilst Self-isolating?

Unless you become unwell you should continue to study as normal. You may need to let your tutors know you are self-isolating if this is impacting your work or means you are unable to attend face to face sessions.

Books

Can be ordered online from the SPC library and will be delivered to your door; see details at <https://www.spc.ox.ac.uk/library>.

There are various methods of getting materials from University libraries. Information on this is available at <https://www.bodleian.ox.ac.uk/using/scan-and-deliver>.

You may be able to arrange a 'click and collect' from other libraries if a non isolating friend can go to the relevant library to collect the items. You can also get someone else to 'browse and borrow' on your behalf, see: <https://www.bodleian.ox.ac.uk/finding-resources/michaelmas-updates>

If you become unwell and are not able to study, let you tutors know about your situation .

IT Problems

Please contact it-help@spc.ox.ac.uk with problems related to IT.

What Practical Support Will I have Whilst Self-isolating?

Catering

Once College is aware you have tested positive and our isolating, you will be able to order isolation meals through UPay.

When ordering please note:

Kitchen staff need both your name and accommodation details *on each order form* as they don't have access the accommodation database
Deadlines for ordering meals through College are:

For lunch/brunch delivered on the same book on Upay by 10am

For Dinner and next day's breakfast book on Upay by 4pm

If you start isolation after 4pm please contact the Porters' Lodge who will advise you whether the kitchen still has food available. If is too late to order a meal, you will need to order a Deliveroo to be delivered to the Porters' Lodge, they will then bring this to you. Please ensure you give your name when ordering and let the Lodge know by email that you have ordered.

If you go into isolation on a Friday evening and the kitchen is closed, the Porter will take your order for lunch and dinner for Saturday and breakfast, lunch and dinner for Sunday and Monday and your account will be updated on the Monday.
Meals are charged to your battels.

Parcels and Post

Every attempt will be made to deliver packages and post to your door within the day, but on occasion this may not be possible and may take up to 24 hours.

Cleaning Equipment

Cleaning supplies will be placed in the corridor for you to use. If you have to share a bathroom and toilet you must use the bacteria spray provided before and after use.

Rubbish

Your scout will provide both black bin bags and clear plastic bags for your use. Place your rubbish in a black bag and tie securely, place the bag outside your door each day.

Laundry

Linen - Please put a note on your door to request a change of bed linen. Please put your used sheets in a clear plastic bag securely tied and leave this outside your door.
Monday – Thursday: If you require other items of clothing to be washed, please place the items in a clear plastic bag, with your detergent and Laundry Card and leave the bag outside your door. Your belongings will be returned to you, (outside your door) within 24 hours Monday – Thursday.

Health, Well-being and Welfare Support Whilst Isolating

In a medical emergency dial 999 and ask for an ambulance.

In case of a crisis during the night, call the Porters' Lodge on 01865 278900

The Domestic Bursar

The Domestic Bursar kevin.melbourne@spc.ox.ac.uk is in charge of all practical arrangements related to supporting students isolating due to COVID-19.

The Dean for Welfare and Welfare Officers

The Dean for Welfare eleanor.tingle@spc.ox.ac.uk or one of the Welfare Officers can support you if you are self-isolating. Our Welfare Officers are available 0-9th week in term time. They are serene.singh@spc.ox.ac.uk and brian.micheni@spc.ox.ac.uk. Welfare Officers are trained to listen, signpost, deal with emergency situations and they are trained First Aiders.

The JCR and MCR are keen to support students who are self-isolating please reach out to them:

JCR anna.williams@spc.ox.ac.uk MCR vik.shirvaikar@spc.ox.ac.uk

Links to Sources of Support

<https://www.spc.ox.ac.uk/welfare> this page has links to many external resources

<https://www.ox.ac.uk/sites/files/oxford/Guidance%20for%20self%20isolating.pdf>

<https://www.ox.ac.uk/students/welfare/counselling> you may self refer to the University Counselling Service at any time

Medical Advice

In weeks 0-9 of each term, the College Nurse spcnurse@nhs.net is available by appointment to talk about health concerns. You may also make a phone appointment with the [College Doctors](https://www.ox.ac.uk/college-doctors) 01865 311234

Out of hours, call the NHS service on 111 if you have an issue which can't wait until the next day. In an emergency call 999 and ask for an ambulance, then call the Lodge and ask for welfare support.

For detailed information on the College Health, Wellbeing and Welfare provision see <https://www.spc.ox.ac.uk/welfare>

How can I look after myself if I become unwell?

If you feel you have a fever

Ensure you drink plenty of water (the tap water onsite is all drinkable) at least 2.5 litres a day.

Use paracetamol as directed on the box, do not exceed the recommended dose.

Ensure you keep warm and rest as much as possible.

If you feel too warm, use a cold cloth or towel to cool your head, open your windows as far as possible. Request fresh bed linen from housekeeping@spc.ox.ac.uk should you require this.

If you have a Cough

Some people find honey and lemon drinks helpful to ease their cough. Others use over-the-counter cough medications or medicinal cough sweets.

Changes to your sense of taste and smell

A change in your sense of smell and taste can be unpleasant but will normally improve within a few weeks.

See also: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/