

# 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. You should not mix with others or use 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. You will not be able to go outside, or beyond your room. You may not go to pick up deliveries.

## When will I need to self-isolate?

You will need to self-isolate in the following circumstances:

- 1) If you experience symptoms of Covid 19 and are awaiting a PCR test.**
- 2) If you test positive for Covid 19 on either a LFD or PCR test.**

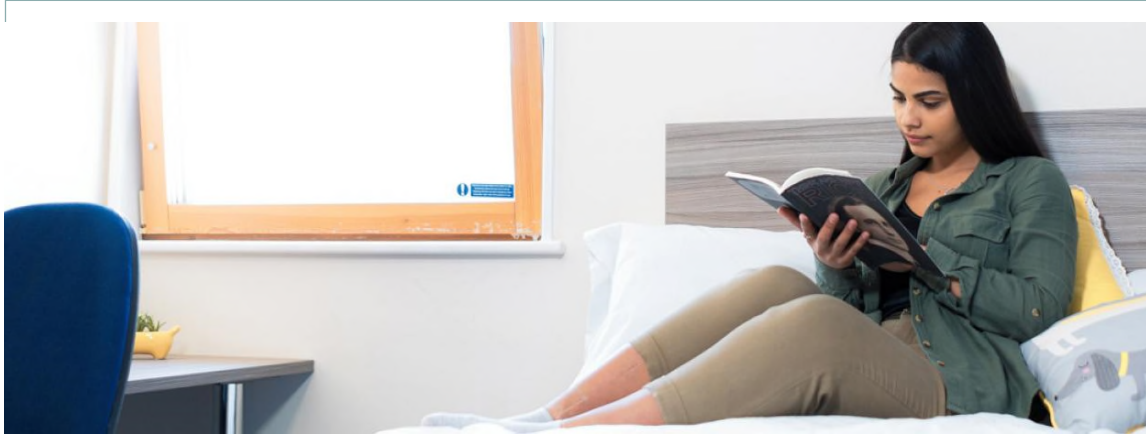
Whilst Covid 19 presents in different ways, the main symptoms are:

- 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

In either of these situations you must do the following:

- return to / remain in your room and self-isolate
- call the Porters' Lodge on 01865 278900 (anytime 24/7). If you need immediate support, the Porters will contact a member of the Welfare Team, and someone will contact you as soon as possible and usually within 30 minutes.
- email [covid@spc.ox.ac.uk](mailto:covid@spc.ox.ac.uk) providing your details including your room number and building, and your mobile number.
- contact the Oxford University Covid-19 Test Early Alert Service (EAS Testing) <https://www.ox.ac.uk/coronavirus/health/covid-testing> to book a PCR test.

Results can take up to 48 hours to come through but are often back within 24 hours. If your PCR result is negative you may then stop self-isolating.



**3) If someone with whom you have been in close contact tests positive for Covid 19 and you have not been double vaccinated with a UK approved vaccine (unless you are aged under 18 years 6 months)**

You are required to self-isolate for 10 days. The end date of your isolation period may vary if you become symptomatic during this time and test positive.

You may be contacted by NHS Test and Trace, or a University or College Officer, or by a personal contact to let you know about a close contact. Whomever informs you, you are required to self-isolate for 10 days from the date of your most recent contact with the person who has tested positive.

**4) If you are entering the UK from an ‘amber list’ country**

If you have come into SPC from an ‘amber list’ country. For details see <https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england#amber-list-rules>

**Will I receive advance warning that I need to Self-isolate?**

If you are not fully vaccinated you may be asked to self-isolate with no warning. You will receive a phone call, an email and/or a text. You must respond immediately to the initial message and confirm that you have returned to your room.

## 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/>

It is worth registering ahead of being in self-isolation as there is specific Covid-related support which is accessible should you become unwell during isolation.

### 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](mailto: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 are likely to be in isolation for 10 days. 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 (e.g. the JCR is able to run knitting classes). Purchase related items ahead of time.

Talk to your friends and family about how you can support each other should one of you be required to isolate. Arrange virtual conversations and meet ups.

Plan to reach out when you need to do so – as well as friends and family, you will have a designated Welfare Officer who will want to hear from you.





## 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. Please email [library@spc.ox.ac.uk](mailto:library@spc.ox.ac.uk) with details of items you want to request from the College 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>.

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](mailto:it-help@spc.ox.ac.uk) with problems related to IT.

## What Practical Support Will I have Whilst Self-isolating?

### Catering

When you are contacted to self-isolate the following applies:

If you are contacted in the morning, the UPay booking system will be opened until 5pm to allow you to book lunch and /or dinner for the day. Please book by 11am if you require lunch and 5pm if you require dinner. You **must** also take this opportunity to book your meals for the next 48hours. Subsequently you must book meals by **10am for next day delivery**. You are advised to book meals for the week ahead.

If you are told to isolate after 5pm please contact the Porters' Lodge who will advise you whether the kitchen still has food available. If it 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.

### General

When a household is in isolation, the Scout will not enter the corridor other than to collect rubbish and laundry and the Porter/ Kitchen Assistant to deliver meals and post.

## Health 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 Porters will contact the duty Welfare Officer who will be in touch very quickly. If needed first call an ambulance by dialing 999.

### The Dean for Welfare and Welfare Officers

The Dean for Welfare [eleanor.tingle@spc.ox.ac.uk](mailto:eleanor.tingle@spc.ox.ac.uk) is the lead college Covid Officer, known as the Single Point of Contact (SPOC).

Welfare Officers can provide ongoing support during this time. . Welfare Officers can set up group Teams calls, or speak with you individually about specific issues of concern. They are:

[emmanuelle.dankwa@spc.ox.ac.uk](mailto:emmanuelle.dankwa@spc.ox.ac.uk) and

[muhammad.suleman@spc.ox.ac.uk](mailto:muhammad.suleman@spc.ox.ac.uk) (known as Babar)

Welfare Officers are trained to listen, signpost, deal with emergency situations and they are trained First Aiders. They work very closely with the Dean for Welfare who also remains available to provide support as required.

The JCR and MCR are keen to support students who are self-isolating and we notify them of those who are in this situation in order that they can make contact – please reach out to them if you don't hear anything

JCR [anna.fairweather@spc.ox.ac.uk](mailto:anna.fairweather@spc.ox.ac.uk) MCR [niamh.fearon@spc.ox.ac.uk](mailto:niamh.fearon@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

The College nurse [kate.tempest@spc.ox.ac.uk](mailto:kate.tempest@spc.ox.ac.uk) is available by appointment to talk about health concerns

You may also make a phone appointment with the College Doctors <https://www.leaverandpartnersjericho.nhs.uk/making-appointments.aspx> 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 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](mailto: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/](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/)

If you are worried about your symptoms, please seek medical advice, ensure your link Welfare Officer is aware you are unwell, or contact the nurse or doctor directly.