Self-Isolation Guide

**Please note:** This version is dated **05 October 2021**. Please do continue to refer back to the website for the latest version and most up-to-date advice.

When to self-isolate
As a student arriving to St Cross College, you may be required to ‘self-isolate’ or ‘quarantine’ (these terms are used interchangeably) for 10 days upon arrival. When you are in self-isolation/quarantining you should **NOT** be leaving your household unless there are **exceptional circumstances**. Those breaking self-isolation guidelines will be reported to the College Dean and may be fined.

As of 4 October 2021 the guidance for travelling to England from abroad has been simplified. **Please see here** [https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england](https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england)

**Self-Isolating when you have been a close contact with someone who has tested positive**
If you have been a ‘close contact’ with someone who has tested positive for COVID-19, you may be required to self-isolate. You will not need to self-isolate if:

- You are fully vaccinated (you must have had your second dose at least 14 days before the start of when you would need to start your self-isolation period)
- You are on an approved COVID-19 vaccine trial
- You have a medical reason not to be vaccinated

There are further details about what constitutes ‘close contact’ on the **Government website**.

The Government website has a list of test providers [here](https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england).

**Collecting your keys:**
If you do not have to self-isolate, please go first to the Lodge at College (61 St Giles, OX1 3LZ) and our Porters will be there to welcome you and have your accommodation key and College fob ready to collect and you can then make your way to your accommodation.

If you need to self-isolate and will be living in the South or West Wing, please do as above.
Should you need to self-isolate and are allocated at either 14 / 15 Wellington Square, 2 Bradmore Road, or the Annexe, we ask you to go directly to your property and the Accommodation Officer Lara will be in touch with you directly to arrange this.

Please ensure you refer to the **Government website** for the most up-to-date guidance, and you may find additional helpful information on the University’s main COVID-19 information page: [https://www.ox.ac.uk/coronavirus/students](https://www.ox.ac.uk/coronavirus/students)

**Day 2 Tests:**
If you have a room allocated at the Annexe, please do not give this address for the delivery of your tests, please give the College address, (61 St Giles, Oxford, OX1 3LZ) and ensure it is addressed to your name, and we will deliver this to your room for you. This is because the Annexe does not have a reception area or single front door for the reception of post. For all other properties, please give your accommodation property address.

**Test to Release**
If you need to self-isolate, you may be able to end your self-isolation period early if you pay for a private COVID-19 test through the **Test to Release scheme**. This allows you to pay for a private COVID-19 test on day 5. If you wish to do this you will need to book a test before travelling to England. A list of providers is available
How to self-isolate
You must not leave your accommodation to get shopping, collect post, or run any other errands. You must have shopping and food delivered to you and ask a member of your household to collect this for you. Further details of food and shopping delivery options are on page 4. If you are living on the College main site, you must not move around the College site.

If you are living in College accommodation, you are permitted to exercise in the outdoor areas twice a day – from 07:00 – 08:00 and from 21:00 – 22:00. Please ensure you safely distance whilst making use of this time.

St Cross College Contacts

<table>
<thead>
<tr>
<th>Need</th>
<th>Contact</th>
<th>Email</th>
<th>Phone*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency (Police, Fire, Ambulance, etc.)</td>
<td>999 Emergency Services</td>
<td>—</td>
<td>999 (Not available when using WhatsApp/Skype etc.)</td>
</tr>
<tr>
<td>Other Medical Needs</td>
<td>Dr Leaver &amp; Partners, College Doctor</td>
<td>—</td>
<td>01865 311234</td>
</tr>
<tr>
<td>IT/Technical/Wi-Fi issues</td>
<td>Marcin Zajac/Leslie Isaac</td>
<td><a href="mailto:itsupport@stx.ox.ac.uk">itsupport@stx.ox.ac.uk</a></td>
<td>None</td>
</tr>
<tr>
<td>Other IT issues such as issues with your SSO or email account</td>
<td>Central IT services</td>
<td><a href="https://help.it.ox.ac.uk/">https://help.it.ox.ac.uk/</a></td>
<td>01865 612345</td>
</tr>
<tr>
<td>Maintenance matters and questions regarding the College site and amenities</td>
<td>Kenny Cox, Estates Manager</td>
<td><a href="mailto:estates.manager@stx.ox.ac.uk">estates.manager@stx.ox.ac.uk</a></td>
<td>01865 278485</td>
</tr>
<tr>
<td>Accommodation matters</td>
<td>Lara Summerhill, Accommodation Officer</td>
<td><a href="mailto:accommodation@stx.ox.ac.uk">accommodation@stx.ox.ac.uk</a></td>
<td>01865 278488</td>
</tr>
<tr>
<td>Other assistance at the College site</td>
<td>Porters’ Lodge</td>
<td><a href="mailto:porters@stx.ox.ac.uk">porters@stx.ox.ac.uk</a></td>
<td>01865 278490</td>
</tr>
<tr>
<td>Academic matters and welfare</td>
<td>Sharon Durno, Academic Registrar</td>
<td><a href="mailto:academic.registrar@stx.ox.ac.uk">academic.registrar@stx.ox.ac.uk</a></td>
<td>01865 278445</td>
</tr>
</tbody>
</table>

*If calling from an international line, begin dialling with the country code +44 instead of 0

Self-Isolating in a Shared Household

While you are living in Oxford, you and those with whom you live with and/or share facilities such as a kitchen and a bathroom will constitute your household. Generally, but not always, each household in St Cross accommodation will consist of about 4 to 7 people. If you are in St Cross accommodation, you will be provided with the names of your household when you arrive.

What to do if you or someone in your household develops COVID-19 symptoms

If any member of your household develops COVID-19 symptoms, they need to perform a PCR test as soon as
possible. **If any member of your household tests positive for COVID-19, all members of the household should self-isolate for an additional 10 days unless they are fully vaccinated.** If you are fully vaccinated, you should take extra precautions as you may still be able to pass COVID-19 to others. Limit close contact to others outside your household, wear a face covering, and **take a PCR test as soon as possible.**

If your household is self-isolating, whether you are in College, University, or private housing, please contact the College as soon as possible so you can receive additional support.

If you need to enter your shared kitchen or bathroom ensure you are wearing a face covering and try to ensure you are not using the space at the same time as other people. We will provide you with a sign to place on your door indicating that you are self-isolating, so that our cleaning and maintenance teams are made aware.

**Testing**

You will need to book a PCR test if you:

- have symptoms; or
- have received a positive Lateral Flow Device (LFD) test result; or
- have been advised you are a close contact of, or a member of the same household as, someone who has a PCR-confirmed case of COVID-19; or
- have been instructed to book a test by public health authorities.

The University has a dedicated, free COVID-19 testing service in place to help students who show symptoms to get easy access to a PCR test. The testing site is just north of the St Cross College main site, in the Radcliffe Observatory Quarter. You are permitted to leave your accommodation during self-isolation to attend a testing centre.

Further details: [https://www.ox.ac.uk/coronavirus/health/covid-testing/PCR-testing](https://www.ox.ac.uk/coronavirus/health/covid-testing/PCR-testing)

The University also offers regular symptom-free testing (LFD or Lateral Flow Device testing) and you are strongly encouraged to get tested twice a week once you have completed any period of self-isolation: [https://www.ox.ac.uk/coronavirus/health/covid-testing/regular-testing](https://www.ox.ac.uk/coronavirus/health/covid-testing/regular-testing)

University staff and students should use the University’s service rather than the NHS service to ensure that the local community can continue to access tests through the NHS. By using the University service we are also alerted about your test so that we can provide any support that you may need. If for any reason you do use the NHS Testing service (or any other provider) and receive a positive COVID-19 test result, please complete the form at: [https://earlyalert.medsci.ox.ac.uk/earlyalert/booking/selfreportresult](https://earlyalert.medsci.ox.ac.uk/earlyalert/booking/selfreportresult). We would also like to remind all students that they should be registered with a GP (doctor) in Oxford and this is particularly important at this time.

For most students living in St Cross Accommodation in a shared household, shared spaces such as kitchens will be available to non-isolating members of the household as normal. While you are self-isolating, please avoid contact with others as much as possible; you can only use the kitchen and other necessary shared areas when they are not being used by others.

If you are in not staying in St Cross accommodation you should contact your landlord for advice and guidance about self-isolating.

**Food & Meals during Self-Isolation**

(please note that the College is not formally affiliated with any of the private businesses mentioned).

In St Cross accommodation you will be able to use the shared kitchen, when no-one else in your household is doing so. You will need to thoroughly clean the area both before and after use. To help you during self-isolation you may wish to consider bringing some food with you, as long as you adhere to the UK regulations for bringing
In Oxford there are a number of services that can be used to deliver food to your accommodation. We would particularly like to draw you attention to one of our College suppliers, Alden’s Meat master: https://www.aldensofoxford.co.uk/. They are able to supply fruit and veg boxes, everyday essentials, meat, and even some ready meals. You do need to spend £60 to get delivery, so we suggest that you work as households and order together.

Of course, most UK supermarkets also offer a delivery service, and please don’t be shy in asking your fellow household members/friends who aren’t self-isolating to pop out to the shops for you whilst you are unable to. The Accommodation Officer Lara Summerhill will share details of your household members with you and you will be encouraged to set up a WhatsApp group or similar so that you can all help each other through any periods of self-isolation.

If you are really struggling to get food and supplies during self-isolation, please contact events@stx.ox.ac.uk and we will do our best to help you.

You can of course also order takeaway food using sites such as UberEats, Deliveroo and JustEat. Please remember that whilst you are self-isolating you should not collect deliveries yourself. Please ask someone who is not self-isolating to collect things for you – on the main site this can be the porters.

We offer a takeaway lunch service for those who are self-isolating on the main site. Lunch is available from Monday to Friday when the kitchen is open. Bookings for lunch need to be made in advance, and are open from 08:30 – 13:00. To order a lunch for Monday, you will need to book on a Friday. The cost of lunch will be charged to your College Battels Account.

To book a takeaway, please use the normal Meal Booking System (new students will have received an email with login-details) and in the ‘additional information’ section type ‘Takeaway’. You will be able to provide your dietary requirements at the time of booking. Please include your room number and tell us that you are self-isolating and porters will deliver this to you.

Supermarkets that Deliver in Oxford
A number of nearby supermarkets can delivery groceries and/or basic medical necessities to most addresses around Oxford, including all College accommodation. These will need to be booked well in advance as delivery slots get booked up.

- Tesco: https://www.tesco.com/groceries/
- Sainsbury’s: https://www.sainsburys.co.uk/shop/gb/groceries/discoverhome/shopping-online/delivery
- Waitrose: https://www.waitrose.com/ecom/shop/browse/groceries
- Co-op: https://www.coop.co.uk/ways-to-shop/home-delivery
- Iceland: https://www.iceland.co.uk/book-delivery (accepts Paypal)
- Ocado: https://www.ocado.com/webshop/ (accepts Paypal and American Express)

Local food deliveries in Oxford
There are a number of small local businesses that offer delivery in Oxford.

- Alden’s - https://www.aldensofoxford.co.uk/ - meat, fish and fruit and vegetables, catering wholesaler. Only deliver orders over £60 in value, however, so we recommend order together in households. Delivers during the day (can specify day). Free delivery. Meat, fish, fruit and vegetables (including boxes), eggs, some other items. Payment in advance through BACS (i.e. online banking).
- Milk & More - www.milkandmore.co.uk Includes dairy produce (milk, cream, yogurt, eggs, some cheese), fruit juices and other soft drinks, bacon and sausages, some pasta, fruit and vegetables (boxes and some
individual items), bread and cereals, some household goods. Payment by debit or credit card (not AmEx). Delivers and leaves on your doorstep very early in the morning so NOT SUITABLE for those in College accommodation/shared accommodation.

- Bonner’s - [https://www.bonnersoxford.shop/](https://www.bonnersoxford.shop/) - greengrocer in central Oxford, also delivering goods from other shops in the Covered Market. Delivers next day (if order placed by midday). Standard delivery charge of £3. Deliveries are during the working day. Fruit and vegetables, cheese (from specialist cheesemonger), some bread and pastries, artisan pies, flowers, coffee, some household items. Payment after delivery through BACS (i.e. online banking) or by card over the phone.

**Restaurant Delivery**

Oxford is filled with restaurants serving delicious food from all around the world. Many of these restaurants offer delivery to most addresses in Oxford. You can find delivery information on specific restaurants’ websites or through delivery services such as Deliveroo ([https://deliveroo.co.uk/](https://deliveroo.co.uk/)), JustEat ([https://www.justeat.co.uk/](https://www.justeat.co.uk/)) and UberEats ([https://www.ubereats.com/gb/](https://www.ubereats.com/gb/)). Ask someone not self-isolating to collect your delivery for you (porters will be able to help if you are living on the main site).

**Pharmacy/Chemist Delivery**

Several pharmacies also offer delivery service for basic medical items and/or prescriptions (see the ‘College Doctor’ section below on how you can get a prescription filled if you need one during self-isolation).

- Boots: [https://www.boots.com/online/pharmacy/](https://www.boots.com/online/pharmacy/)
- Cowley Pharmacy: [https://www.cowleypharmacy.co.uk/](https://www.cowleypharmacy.co.uk/)
- Oxford Online Pharmacy: [https://www.oxfordonlinepharmacy.co.uk/delivery-information](https://www.oxfordonlinepharmacy.co.uk/delivery-information)
- Pharmacy2U: [https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs](https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs)

**The College Doctor**

If you have not done so already, please register for a local GP (general practitioner) online at [http://www.campusdoctor.co.uk/oxford/](http://www.campusdoctor.co.uk/oxford/). Your GP will provide your basic medical needs while in Oxford, including check-ups, consultations, prescriptions, and referrals for specialised treatment. The GP affiliated with St Cross College is Dr Leaver and Partners, which is a ten-minute walk from the College. You can download and/or submit registration forms from [https://www.leaverandpartnersjericho.nhs.uk/new-patients.aspx](https://www.leaverandpartnersjericho.nhs.uk/new-patients.aspx). If you know you will need a prescription filled and delivered before your self-isolation period is over, please contact the practice as soon as possible (01865311234).

For any medical emergencies, please dial 999 immediately. Any non-urgent questions can be directed to the College doctor or by calling the NHS hotline at 111.

**Wi-Fi**

As a student at the University of Oxford, you should have access to the ‘eduroam’ Wi-Fi service, which is available at all College accommodation sites, as well as most buildings associated with the University. To access eduroam, you should have set up your Single Sign On (SSO), Remote Access Account, and the eduroam Configuration Assistance Tool before you arrived. If you have not completed these steps, or if you have, but eduroam is still not working properly, you will need to contact IT services.

**Getting a UK Phone Number**

Many online delivery services require a local phone number to create an account or to make deliveries. To avoid complications, it may be helpful to get a working local phone number when you arrive, whether through purchasing a new phone with a mobile network provider or by getting a local SIM card and paying for a SIM-only plan.
plan. A number of businesses offer delivery of mobile phones and/or free SIM cards (some include free delivery), which can be set up with mobile service through monthly or pay-as-you-go plans. Here are several companies offering this service in Oxford:

- giffgaff: https://www.giffgaff.com/free-sim-cards
- EE: https://shop.ee.co.uk/
- Vodafone: https://www.vodafone.co.uk/mobile/
- Lycamobile: https://www.lycamobile.co.uk/
- Three: http://www.three.co.uk/

Accessing Library Collections
With your Oxford University Single Sign On (SSO) you have access to SOLO (Search Oxford Libraries Online) which grants you access to over 1.4 million e-books and over 100,000 digital journal titles: http://soloo.bodleian.ox.ac.uk/. You can also use their ‘Scan and Deliver’ tool, which enables you to obtain scans of book chapters or journal articles from the Bodleian Libraries’ print collections: https://www.bodleian.ox.ac.uk/using/scan-and-deliver. Whilst you are self-isolating you will not be able to collect items yourself.

Entertainment
You can stream movies and/or television from a number of services available in the UK, including Netflix, Amazon Prime Video, NowTV, Disney+, BritBox, Sky Go, AppleTV, and Channel 4. We also invite you to explore the YouTube channels and social media accounts of the University and some of its teams and Institutions, such as the Museum of Natural History, the Bodleian Libraries, and much more.

Please note that, in the UK, to watch or record live programmes on a TV, computer or other device, requires a TV licence, which costs £159.00 per year. Most non-live streaming services do not require a TV license, but there are exceptions (for example, BBC iPlayer does require you to have a TV license). If you are unsure if this applies to you, please find additional details at www.gov.uk/tv-licence.