

## STUDENT GUIDANCE

### Guidance on what to do if you are a student self isolating because you are suspected or confirmed as positive for COVID-19 (and how to get through it)

This is what you will need to do:

- Alert the appropriate contact at your College and your department. Your College's Welfare team will already have prepared for this eventuality and will be ready to help and support you where they can.
- Do not allow visitors in your room
- You must stay in your room except to visit the bathroom/toilet (wear a face covering in the corridor, stairs etc.). Keep your own toiletries and towel separately in your room.
- Clean the toilet and bathroom with warm water and detergent every time you use them.
- Your friends, peer supporters or the College Welfare contact can arrange to bring you food, shopping, or other items you need but they should not do washing-up or laundry for you (as your crockery and clothes could be contaminated).
- Your College will agree whether you can use the Household kitchen based on these assumptions
  - If possible because you have a sink in your room you will not use the communal kitchen.
  - If that's not possible and the College agrees you need to use the communal kitchen make sure no one else is there, clean after yourself with soap/detergent and warm water, clean your own crockery, cutlery, cups, glasses etc - keep them separately in your room and use your own towel.
- Ask people bringing you items to knock and leave them outside your room rather than coming in.
- Wear a face covering when answering your door and avoid face-to-face conversation at less than 2 metres
- Arrange to make contact with someone by text/ phone at least twice daily so they can check all is well.
- Contact the College welfare contact if you feel more unwell and need medical or nursing assistance - don't delay.

These are the general rules but of course if you are told to get another COVID-19 test or seek urgent

medical care or there is a fire alarm you will need to leave your room. In these circumstances always stay at least 2m from all others and wear a face covering.

For the latest government advice see [www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

There's no doubt that this is hard for most people who have to do it. Here are some tips for getting through it:

1. Ensure you have everything you need to feel physically safe, secure and well. Don't let anything get in the way of reaching out and accessing any help you need. Don't be shy or worry about burdening others. They will be glad to help in any way possible.
2. Use everything you know about what makes you feel good, safe and cared for and do your best to create these conditions in your temporary situation. For example, if exercise is important to you, find a way to exercise in your temporary space. If you thrive when you have some structure and routine, create some structure to guide you through these two weeks.
3. Remind yourself why you are here, and what excites you about the year ahead
4. If there are difficult feelings around for you, find a way to express them: talk to a friend or family member, or write in a journal.
5. ... but don't get stuck ruminating on difficult feelings. Accept the things you can't change, and be purposeful about taking the positive steps you can. Form a clear, positive intention for how you will use these two weeks and take some action.
6. Try to make use of available opportunities to connect with your Oxford community online. After all, for humans, feeling seen, heard and understood by other humans does more than anything else to help us feel safe and secure.

7. Be proud of yourself for coping as well as you can in difficult circumstances, and compassionate with yourself when you find it hard.

There are [other online resources](#) available. The [University Counselling Service](#) has produced a [series of blogs and podcasts to support students](#) during the coronavirus pandemic

The [Student Space](#) website features a collection of resources to support university students during the coronavirus pandemic. These may help you to manage at present, and to anticipate and prepare yourself to meet some of the challenges ahead

Oxford SU has also produced a series of [tips and tricks for students in self-isolation](#)

All Oxford students can now also access free online support 24/7 through [Togetherall](#) – a free service giving you access to a global welfare community.

### Guidance for those isolating in a Household because another Household member has tested positive for COVID-19

- You must all stay within the Household spaces allocated to your group as advised, this will usually be for 14 days.
- Do not allow visitors into the Household spaces
- Try to minimise the time you spend together and avoid activities which could put you at risk of picking up the virus if another flat mate has it.
- There will be no cleaning during the period of isolation so you will have to work together to keep the area clean. Rubbish will be collected but please follow instructions given by your college on how to leave it ready. If you need more cleaning materials to do this contact your college Welfare or Housekeeping teams.
- Your friends outside the Household, peer supporters or the College Welfare contact can arrange to bring you food, shopping, or other items you need.
- Try to separate cooking and eating utensils and tea towels as far as possible. Clean up thoroughly after yourself with soap/detergent and warm water. Clean your own crockery, cutlery, cups, glasses etc - store them separately.
- Ask people bringing you items to knock and leave them outside the Household rather than coming in. Don't stand and talk to them if they bring you things and wear a face covering.
- Contact the College welfare contact if you feel unwell and need medical or nursing assistance - don't delay.

## STEPS TO HELP YOU STAY SAFE



KEEP YOUR  
DISTANCE



WASH YOUR  
HANDS



WEAR A  
FACE COVERING



SYMPTOMS?  
GET A TEST



CONTACTED BY  
TRACK AND TRACE?  
STAY AT HOME

For more information visit: [www.ox.ac.uk/covid-health](http://www.ox.ac.uk/covid-health)

**Protect our community. Protect the vulnerable. Protect yourself.**