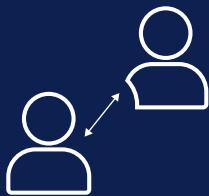


GUIDE TO HELP YOU STAY SAFE



**KEEP YOUR
DISTANCE**



**WASH YOUR
HANDS**



**WEAR A
FACE COVERING**



**SYMPTOMS?
GET A TEST**



**CONTACTED BY
TRACK AND TRACE?
STAY AT HOME**

To find out more please visit: www.ox.ac.uk/covid-health

HOUSEHOLDS

We want students to be able to live and socialise with others, but accommodation and social settings are likely to pose higher transmission risks. Outbreak modelling indicates that segmenting the community into small groups or households, with social distancing between groups, is one of the most effective measures for containing the virus.

Shared facilities

If someone tests positive, we have to assume that those sharing facilities with them may have been exposed and will need to self-isolate. By dividing accommodation into households based on shared kitchens and bathrooms, each person shares facilities with only a small group of others, thus limiting the number of people who will be required to self-isolate.

For this reason it is essential that you do not enter households other than your own, or bring outside guests into your household space. If you invite a guest into your household space and they later test positive, your whole household may have to self isolate. If you enter another household's space and later test positive, that whole household may have to self isolate.

Social distancing

The virus spreads through contact between people, especially close contact. In the University community there are normally long 'chains' of friendships, work and college relationships through which the virus could spread rapidly.

To break these potential transmission chains we are asking you to maintain 2m social distancing from people outside your household as scrupulously as possible.

Dividing colleges into households, observing household rules and social distancing outside of households can make the difference between one household having to self-isolate (supported by college and their peers), and a localised outbreak that shuts down entire parts of college, or even the city.

College accommodation has been divided into **HOUSEHOLDS**



Household members **SHARE BATHROOMS** and/or **KITCHENS**

College households look different to family households
but many of the **SAME RULES APPLY...**



SOCIAL DISTANCE
from other households



COVID-19 SYMPTOMS IN THE HOUSEHOLD?
ALL SELF ISOLATE UNTIL

The symptomatic person has a negative test (~24h)
OR the end of the mandatory isolation period
(see NHS advice) if any member tests positive.



RESPECT OUR COMMUNITY

OUTSIDE COLLEGE TRAVEL IN PAIRS, NOT GROUPS

for more information visit: www.ox.ac.uk/covid-households

FACE COVERINGS

There is increasing evidence that wearing face coverings can reduce transmission of coronavirus, and is a helpful mitigation measure particularly, in higher risk areas like indoors and when socialising outside your household.

Wearing face coverings is a social responsibility for all members of the University who can wear them, and provides reassurance to our community, including those most vulnerable to serious illness.

Please respect that some people are exempt from wearing a face covering. They may choose to wear a badge or sunflower lanyard to indicate this, but these are not compulsory.

Using face coverings effectively

Avoid the covering itself touching you or any surfaces once you have taken it off, and store reusable coverings in a plastic bag when finished: if you have the virus, your mask will be contaminated with virus particles, which will spread quickly over you and any surfaces you leave it on

Wash reusable face coverings after each use: either in your laundry according to the manufacturer's instructions at the highest temperature appropriate for the fabric, or by handwashing with soap that is suitable for handwashing items, and hot water.



It should cover your
MOUTH, NOSE
and **CHIN**.



Remove a face
covering by
HOLDING ONLY
THE EAR LOOPS.



Once removed, store in
a plastic bag and **WASH**
your reusable face
coverings **REGULARLY**.

Wear a face covering at all times except when seated to eat - if you were infected you could be walking around breathing out virus all round the room!

Don't touch the mask and don't put it on the table or bench – put it away in a bag or pocket. If you do have the virus (and remember you could be unaware

that you do), it will be contaminated with virus particles that will spread to your fingers and then onto shared surfaces.

Sanitize your hands directly before you eat, as you will have been touching items such as pay cards, face covering and bag.

WHEN AND HOW TO WEAR YOUR FACE COVERING WHEN DINING



Remove a face covering by **HOLDING ONLY THE EAR LOOPS**



Once removed, **PLACE** your **FACE COVERING** in a plastic bag **IN YOUR BAG, NOT ON the TABLE**



SANITISE your **HANDS**



After eating replace face covering by **HOLDING ONLY THE EAR LOOPS**



WASH your reusable face coverings **REGULARLY***



Whilst queuing you **MUST WEAR** your **FACE COVERING** and adhere to **SOCIAL DISTANCING**

TESTING FOR COVID-19: EARLY ALERT SERVICE

To limit the size of any outbreak, it is critical that we identify and isolate cases of COVID-19. To ensure that positive cases are identified rapidly, and negative cases are released rapidly, the university is offering rapid-turnaround on-site testing for staff and students.

If you develop symptoms that could be coronavirus, return to your accommodation right away as COVID-19 is most infectious just after the onset of symptoms. Please notify your college's designated COVID-19 contact (via the lodge) so support can be put in place if needed. You must self-isolate until you have had a negative test. In most cases you should be able to get a test on the same or next day and results within 24 hours of the test.

Because COVID-19 can be spread before the onset of symptoms, or by asymptomatic individuals, your household – who could have been exposed – must also self-isolate while you wait for the test and result. If the result is positive, you and your household must self-isolate (see NHS for how long)

in case any members are also incubating the virus. In the event of a positive case, contact tracing is particularly important in the University community to stem asymptomatic transmission. Amongst young people, as many as 80% of those with COVID-19 may be asymptomatic and will have no idea they have the virus - but they can still infect others. Through contact tracing, people who have been exposed to the virus are alerted and can avoid unwittingly infecting vulnerable individuals.

Contact tracing is carried out by Public Health England; information on your contacts will not be shared with University or college authorities beyond the minimum required to reach your contacts, and will not result in disciplinary sanctions.

GOT SYMPTOMS? **GET TESTED.**

Have one or more of these symptoms?



HIGH TEMPERATURE

Over 37.8 degrees, or you feel hot to touch on your chest and back



NEW CONTINUOUS COUGH

Coughing a lot for over an hour, or 3 or more coughing episodes in 24h, or existing cough has become worse



LOSS OF SMELL OR TASTE

You cannot smell or taste the difference between foods, or things taste different to normal

for more information visit: www.ox.ac.uk/covid-testing

Protect our community. Protect the vulnerable. Protect yourself.

COVID-19, COLD OR FLU

Colds, flu and COVID-19 are caused by different viruses, but can have similar symptoms, and it can be hard to judge which one you may have.

The three main symptoms that NHS guidance asks you to look out for are: high temperature, a new continuous cough, and sudden loss or a change in taste or smell. Most people with COVID-19 have at least one of these.

If one student in a household has any primary symptoms of coronavirus, they should seek a test via the University testing service and everyone must self-isolate in accordance with NHS advice until the test result is available. Any other members of the household that develop symptoms should seek a test.

If you have other symptoms that could be related to COVID-19, please stay home for 24 hours and see if you develop any of the main symptoms, then book a test if relevant.

If you are feeling unwell and staying in your room, make sure you have informed people who can check on you and offer support – both in college as well as any family or friends. Students are susceptible to other illnesses that require medical care, so please do not suffer in isolation if you are feeling seriously unwell. Seek medical advice if your symptoms worsen.

Symptoms	Coronavirus	Flu	Cold
Fever	Common	Common	Rare
Cough	Common	Common	Mild
Loss of taste and smell	Sudden	Rare	Sometimes
Fatigue	Sometimes	Common	Sometimes
Headaches	Sometimes	Common	Rare
Aches and Pains	Sometimes	Common	Common
Runny/stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Sneezing	No	No	Common
Shortness of breath	Sometimes	No	No
Diarrhoea	Sometimes for children	Sometimes, especially for children	No

UNIVERSITY – TESTING FOR COVID-19

EARLY ALERT SERVICE

GOT SYMPTOMS?

If you have any of the primary **symptoms** of COVID-19 – stay at home or return to your accommodation immediately. Notify the COVID-19 contact in your department and/or college. This is particularly important for students and for any member of staff who has been working onsite in the previous 48 hours.

YOU AND YOUR HOUSEHOLD SELF-ISOLATE

Government guidelines state you and your household [family, college, or private accommodation] must self-isolate in case they are also incubating the virus

BOOK A COVID-19 TEST *

If you have primary symptoms of COVID-19, or have been asked by Public Health England to get tested, book a University test via: www.ox.ac.uk/covid-testing (SSO required)

REPORT ABSENCE TO YOUR COLLEGE/DEPARTMENT

Report your absence in the normal manner.

TAKE TEST

NEGATIVE

You may return to your normal way of life as long as you are not self-isolating due to close contact or quarantine (in which case you must complete the 14 days regardless). Your department and college will be notified of the result; but please inform them if you still need to self-isolate.

POSITIVE

If the result is positive, you will be called by the Results Liaison Team, who will also notify your department and/or college. You should then follow these steps:

SELF-ISOLATE

You and your household should follow **government self-isolation guidelines**; and should always isolate longer if your temperature has not returned to normal

(PHE) WILL BE IN CONTACT

PHE will contact you to initiate its track and trace process. Please be as helpful as possible, as a rapid response helps to minimise risks to others. You may wish to alert any recent close contacts directly yourself.

*If you are unable to access the University service, and receive a positive test result via the NHS or another route, it is ESSENTIAL to complete this [online form](#) with your name and phone number (preferably mobile) and notify your department/college so they can take any relevant actions to minimise the risk to others.