

Covid-19 Protocol for Students: What to do if you experience symptoms

<p>If you experience any of the primary symptoms of Covid-19 (a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste):</p>	
<ul style="list-style-type: none"> • stay in your room or go to your room and start to self-isolate immediately • notify the Porters' Lodge (01865-(2)71700, lodge@stcatz.ox.ac.uk) immediately, so that domestic and other support arrangements can be made, and request a copy of the University's Guidance on Self-Isolation and Testing and What Do We Mean by a 'Recent Close Contact'? if you don't have one • tell your Director of Studies about your absence; there is no need to disclose the reason for it • follow NHS (https://www.gov.uk/coronavirus) and University (https://www.ox.ac.uk/coronavirus) advice by booking a Covid-19 test (<i>only</i> if you are experiencing symptoms). 	
<p>Booking a Covid-19 test through the EAS</p> <p>If you are well enough to walk or cycle:</p>	<p>Booking a Covid-19 test through the NHS</p> <p>If you are too unwell to walk or cycle:</p>
<ul style="list-style-type: none"> • access the online university Early Alert Service (EAS): https://www.ox.ac.uk/coronavirus/health/covid-testing • the EAS will assess if you need a test and book one if you do • tell the Porters' Lodge you have booked a test. 	<ul style="list-style-type: none"> • contact the NHS Test and Trace Service: https://www.gov.uk/get-coronavirus-test • if the NHS confirms you need a test, book a visit to a test site if you can get to one safely, without using public transport or a taxi, or order a home test kit • tell the Porters' Lodge you have booked a test.
<p>After booking a test, you and your household should continue to self-isolate until you receive the result. In the meantime:</p>	
<ul style="list-style-type: none"> • make a list of anyone you may have come into close contact with in the 48 hours prior to experiencing symptoms, including anyone from College; they may need to be contacted for contact tracing • send your list of close College contacts to the Porters' Lodge • consider informing the people on your close contacts list about your symptoms and test • tell the Porters' Lodge, the Junior Deans (juniordean@stcatz.ox.ac.uk) or your Director of Studies if you need any further support or advice. 	
<p>If your test result is positive:</p>	<p>If your test result is negative:</p>
<ul style="list-style-type: none"> • you will be notified by the NHS or EAS and offered advice and support • tell the Porters' Lodge about your test result • continue to self-isolate for 10 days from when your symptoms first appeared, or until you feel better and have passed 48 hours without any fever, vomiting or diarrhoea, whichever is longer • your household must continue self-isolating for 14 days from when your symptoms first appeared • contact tracing will be initiated by Public Health England (PHE) and/or College, as appropriate. 	<ul style="list-style-type: none"> • you will be notified by the NHS or EAS and offered advice and support • tell the Porters' Lodge about your test result • you can stop self-isolating and return to normal activities provided any fever, vomiting or diarrhoea have stopped • your household can stop self-isolating and return to normal activities provided no-one else is experiencing any of the primary symptoms of Covid-19.

For further information, support and advice:

- See the University's [Guidance on Self-Isolation and Testing](#) and [What Do We Mean by a 'Recent Close Contact'?](#) for detailed information about when to self-isolate and for how long, social distancing and close contacts (if you do not have a copy, please request one from the Porters' Lodge)
- Consult the University's online Covid-19 [information and resources for students](#)
- Contact the Porters' Lodge or the Junior Deans.