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

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):

- 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 (only if you are experiencing symptoms).

**Booking a Covid-19 test through the EAS**

If you are well enough to walk or cycle:

- access the online university Early Alert Service (EAS): [https://www.ox.ac.uk/coronavirus/health/covid-testing](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.

If you are too unwell to walk or cycle:

- contact the NHS Test and Trace Service: [https://www.gov.uk/get-coronavirus-test](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.

After booking a test, you and your household should continue to self-isolate until you receive the result. In the meantime:

- 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.

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<thead>
<tr>
<th>If your test result is positive:</th>
<th>If your test result is negative:</th>
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<tr>
<td>you will be notified by the NHS or EAS and offered advice and support</td>
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<td>tell the Porters’ Lodge about your test result</td>
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<td>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</td>
<td>you can stop self-isolating and return to normal activities provided any fever, vomiting or diarrhoea have stopped</td>
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<tr>
<td>your household must continue self-isolating for 14 days from when your symptoms first appeared</td>
<td>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.</td>
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<td>contact tracing will be initiated by Public Health England (PHE) and/or College, as appropriate.</td>
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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.

Revised 19 November 2020