

St Catz Hilary Term Arrival and Covid-19 Testing Arrangements

This document contains important information about your return to College during and after Hilary Term 2021, including arrangements for booking a return date and Covid-19 testing.

Since 5 January 2021, England has been in national lockdown. People are required by law to stay at home, and only to leave or be outside their home where necessary (<https://www.gov.uk/guidance/national-lockdown-stay-at-home>). Consistent with this, the Government guidance is that, wherever possible, and until at least Week -2 Trinity Term, students should remain at their vacation accommodation and continue their studies online rather than return to university. With limited exceptions, covering students of clinical medicine and other courses with mandatory PSRB activities, students on practical or practice-based (including creative arts) subjects who require specialist equipment and facilities, international and other students already in Oxford, and students with exceptional mental health or other support needs, students must therefore not return to College at this time. The Government is expected to review this position by 5 April 2021, during the second stage of its [roadmap out of lockdown](#).

Lateral Flow Testing

The Government guidance further states that all students returning to university from within the UK during the lockdown period should take a Covid-19 lateral flow test (LFT)* (a) before traveling (where [community testing facilities](#) are available), (b) on arrival in Oxford, and (c) twice weekly thereafter. The University is currently working on supplying kits for twice-weekly testing in accordance with (c), and we will notify students as soon as these become available. In the meantime, students should ensure they are tested in accordance with (a) and (b), and that they immediately report their post-arrival test results to the University's Early Alert Service (EAS) via <https://www.ox.ac.uk/report-lfd> or the quick link provided with testing packs. The only exceptions are as follow.

1. Students who have symptoms of Covid-19: you should book a PCR (polymerase chain reaction) Covid-19 test through the EAS (<https://earlyalert.medsci.ox.ac.uk/earlyalert/>) and follow the advice given with your result.
2. Students who have, within the previous 90 days, recorded a positive PCR Covid-19 test through the EAS or NHS Test and Trace service.

Any student to whom these exceptions do not apply and who chooses not to get tested on their return to university should self-isolate for ten days instead.

Students returning to university from outside the UK must self-isolate for ten days. If you are returning from a '[red list](#)' country, you will need to self-isolate in a government approved hotel.

Returning to College

In no case should a graduate or undergraduate taught course student return to College during the lockdown period without having first obtained the express permission of the Accommodation Office (accommodation@stcatz.ox.ac.uk) or Dean (dean@stcatz.ox.ac.uk). Students permitted to return to Oxford to resume in-person teaching on one of the exempted courses above will be contacted by their department and should write immediately to the Accommodation Office to make the necessary arrangements. Requests to return on exceptional mental health or other support grounds will be considered carefully in the light of the lockdown rules and Government guidance, the public health situation in Oxford, and the College's capacity to accommodate safely and support students on site. They will be revisited periodically as the national lockdown restrictions are eased.

Taking your Covid-19 tests

LFTs will be available to all resident and returning Catz students. If you are a returning student, they should be taken on days 1 and 4 of your return. Hence, if you are booked to return to College on 4 February, you should take an LFT on 4 February and 7 February. All (positive and negative) LFT results should be reported to the University immediately, either via the EAS (<https://www.ox.ac.uk/report-lfd>) or via the quick link you will receive by text and email when issued with your LFT testing pack.

You will need to collect your testing pack from the Porters' Lodge, read the attached leaflets, complete the remote training at <https://canvas.ox.ac.uk/enroll/KJNBLX>, and contact the College's Covid Admin team (covidadmin@stcatz.ox.ac.uk) for further support, if needed. All LFTs will be taken in your College room or other residential setting. For those returning to College, you should limit your social contact and interaction with others until you have received your first negative LFT result and continue to be cautious until you have received your second negative LFT result. Any student who receives a positive LFT result should inform the Porters' Lodge (lodge@stcatz.ox.ac.uk) immediately, in addition to reporting the result to the University. You will then need to self-isolate and book a PCR test via the EAS (<https://earlyalert.medsci.ox.ac.uk/earlyalert/>).

For more information about these arrangements, please see the University's website at <https://www.ox.ac.uk/coronavirus/students> or contact the Covid Admin team (covidadmin@stcatz.ox.ac.uk). For questions about returning to College, contact the Accommodation Office (accommodation@stcatz.ox.ac.uk).

*LFTs are self-administered nose and throat swab tests for use by asymptomatic and pre-symptomatic COVID-19 carriers. They involve taking a nose or throat swab to collect a sample, inserting the swab into a tube of liquid, and then putting the liquid into a kit from which results are returned within 30 minutes. By using LFTs it is hoped to identify those most at risk of spreading COVID-19 – those who are infectious but unaware of being infectious – so that they can self-isolate before resuming face-to-face teaching and other in-person activities and reduce the risk of transmitting the virus to their peers, tutors and others in their College and wider communities.

Important information about your Lateral Flow Devices

You have been issued with three lateral flow devices (LFDs).

You are strongly advised to take the first of these tests as soon as possible, one in three days' time, and the final one on your tenth day in Oxford.

You should **not** take the tests if:

- **You have returned from a country that is not on the travel corridor list.**
You should instead self-isolate for ten days. LFDs **cannot** be used as part of the Government's 'Test to Release' scheme.
- **You have symptoms of COVID-19**
You instead book a PCR test via the Early Alert Service, and follow the advice you are given when you receive your result.
- **You have had a positive PCR test result in the last 90 days**
LFDs are less effective in this period.

Taking the tests

You should take the tests yourself. You do not need to book a slot for testing this term.

You **must** be familiar with the content on the training module on Canvas before you take the tests, as it includes important instructions about administering LFDs: <https://canvas.ox.ac.uk/enroll/KJNBXLX>

This is very important for getting an accurate result. Even if you already completed the training in Michaelmas term, we encourage you to review the materials again to refresh your knowledge.

Recording your results

Your result will be visible within 30 minutes. It is crucial that you immediately record the results of **each test** as soon as they are visible. You must do this via the result reporting section of the Early Alert Service: <https://www.ox.ac.uk/report-lfd> or via the quick link which you will receive via text and email when you are issued your LFDs. This will help the University and the NHS to understand how the virus spreads, helping to protect the community.

What to do if you test positive

If you test positive in **any** of your LFD tests, you must self-isolate and take a confirmatory PCR test through the [Early Alert Service](#) and continue self-isolating until you know the results.

After taking the tests

You should limit your social contact and interaction with others until you receive the result of your first test. If it is negative, you should continue to be cautious until you have taken your second test. If your second test is negative, you can take part in in-person teaching. The third test will help us to identify any infections that might have been acquired in the week after the first week's testing. You must continue to adhere to all health guidance and the Student Responsibility Agreement at all times.

Why you should take the tests

Lateral Flow Device tests are an important tool in helping to stop the spread of COVID-19. Large numbers of students taking them will reduce the spread of COVID-19 across the community, help protect vulnerable people and minimise disruption in Hilary Term. While LFDs do not detect every case of COVID-19, if you follow the training carefully and take three tests at the start of term, this will significantly increase the chances that cases are detected – and in particular, cases that are likely to be transmitted to others.

More information

For more information, please go to www.ox.ac.uk/hilary-testing

COVID-19 Rapid Self-Test Instructions

To perform this test correctly, it is imperative that you review this leaflet in addition to the online video on this Canvas site: <https://canvas.ox.ac.uk/enroll/KJNBXLX>

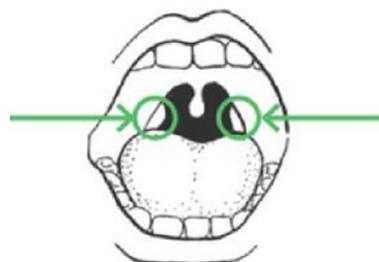
OVERVIEW

1. Take a swab sample (tonsils then nose)
2. Process the sample and apply it to the rapid test cartridge
3. Set a timer for 30 minutes
4. Read and record your result

STEP 1

Look inside your mouth, and find your tonsils at the back of the throat.

You may use a mirror or a phone to help you with this. Your tonsils (or if you had them removed, where they would have been) are where you will swab your sample.



STEP 2

Gently blow your nose into a tissue to get rid of excess mucus.

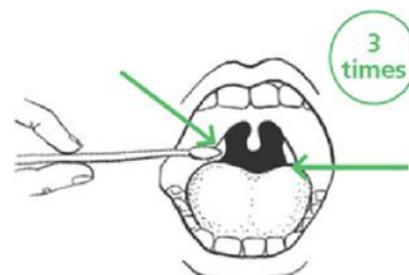
Wash your hands so that you don't contaminate the test kit.



STEP 3

Open the test package and take out the swab.

Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been) at the back of the throat with good contact at least three times (for about 10 seconds).



STEP 4

Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5 cm or 1 inch up your nose).

Roll the swab (for about 10 seconds) along the inside of the nostril.



Please make sure that you have watched the instruction video under the following link: <https://canvas.ox.ac.uk/enroll/KJNBXLX>

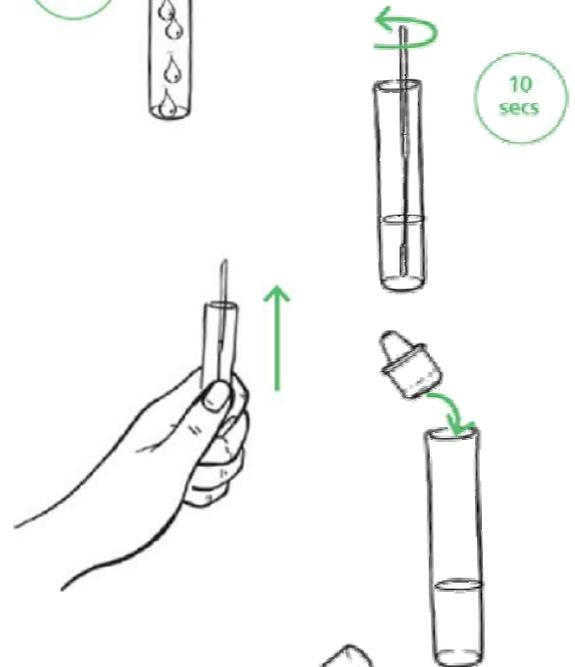
STEP 5

Unscrew the buffer solution pot.
Take the extraction tube and place 6 drops of the Buffer solution into the tube.
Try to avoid touching the tube with the bottle.



STEP 6

Place the fabric end of the swab into the tube. It is important you mix thoroughly.
Press the swab head against the edge of the tube with force, while rotating the tube for 10 seconds to squeeze as much fluid out as possible.

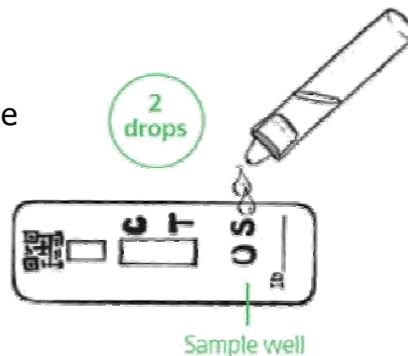


STEP 7

Take out the swab while squeezing the tube and fabric end of the swab and squeeze as much fluid out as possible.
Press the nozzle cap tightly on the tube.

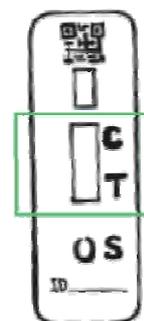
STEP 8

Apply 2 drops of the liquid on to the test strip to the well labelled with an "S".
Set a timer for 30 minutes and wait.



STEP 9

Read the result at exactly 30 minutes.
Leaving your test to the full development time is really important.
Do not read your results until 30 minutes. If a positive result appears after 30 minutes, it should not be interpreted as positive.



RESULTS:

C is the Control line. If the C line is not present (appears after c10 mins), then the test is invalid and should be repeated with a new test kit. This is independent of whether the T line is present or not.

The test is negative if only the C line is present.
The test is positive if both the C and the T (this could be a faint line) are present.



Please record results and details on the University Early Alert System:

<https://earlyalert.medsci.ox.ac.uk/earlyalert/>