

Brasenose College Isolation Plan and FAQs

If a student experiences a symptom of Covid-19, they must immediately return to their room and begin to isolate, filling out the isolation form () and booking a test with the University Testing Service (<https://www.ox.ac.uk/coronavirus/health/covid-testing>). Other members of the household must also isolate until the test result is known (usually 24hrs). This applies to students in private accommodation as well as college accommodation.

If a test is positive, the whole house must isolate for 10 days, either from the onset of the symptoms or, if the positive-testing student was asymptomatic, from the date of the test.

The three main symptoms of Covid-19 that mean you need to isolate, get tested, and have your household isolate until results:

- A high temperature (feel hot to the touch on your chest or back – you do not need to measure your temperature)
- A new continuous cough (this means coughing a lot for an hour or more, or 3 or more coughing episodes in 24 hours or if you usually have a cough it may be worse)
- A loss of change to your sense of taste or smell (you cannot smell or taste anything or things smell or taste different to usual)

Welfare

The Welfare duty person will contact the isolating student as much as the student requests on their isolation form (daily/weekly/not at all) to check in.

The below are provisions for students in college accommodation, as opposed to private accommodation.

Accommodation

A household will be designated as an isolation zone and access limited to isolated students. Students using the facility will be reminded of hygiene and infection control advice.

Cleaning

Isolating students are responsible for the cleaning of their rooms and household space during any period of isolation. College will provide suitable cleaning materials and equipment. Specific attention should be paid to the cleaning of door handles, taps and all toilet, basin and bath surfaces.

Students in isolation should not access communal cooking or food preparation areas. Arrangements will be made for the provision of food and fluids to be taken to them.

Isolation Rooms Bins should not be left outside the door. They should be emptied into a heavy-duty waste bag and designated bin at the entrance to the household. Household cleaning materials will be provided for students to clean their own rooms during isolation.

Laundry

If a student has a fever they will need their bedding changed during the period of isolation. Housekeeping will provide a stock of College bedding to isolated households on request which will be left at the entrance to the household for collection. Students are asked to return the College bedding to housekeeping 72 hours after the isolation is completed.

Meals

For the period of isolation students will have meals delivered to their household which can be ordered ahead via a upay app.

The kitchen will provide a hot lunch, cold evening meal and a breakfast box each day which will be left at the entrance to the isolated household at a designated time.

Bottled water will be provided.

Student dietary requirements will be catered for. Contact the Head Chef if the Upay app does not provide for your dietary requirements.

Isolated students should collect their own meals from the delivery point and dispose of waste. The night porters will collect the empty delivery boxes and return them to the kitchen.

Whoever delivers meals will wear appropriate PPE (as per risk assessment) and wash and sanitise their hands before and after delivery.

Meals will be provided on disposable plates with disposable cutlery.

FAQs

Q1. When can I be released from isolation?

Positive case - You can stop self-isolating after 10 days if your symptoms have gone or if you continue to have just a cough or anosmia. This is because a cough or anosmia can last for several weeks once the infection has gone.

Just a close contact of a positive – If you remain well you can end your isolation the end of the 10 day period. You do not need to isolate for longer than 10 days even if other members of the household develop symptoms during this period. People who remain in the household and are well after 10 days are unlikely to be infectious.

However, a person with new symptoms must isolate for 10 full days from the symptom onset, even if they were already in isolation at the time.

Q2. If I have tested positive for Covid previously, recovered, and then develop symptoms again what do I do?

If you have tested positive for Covid you will probably have developed some immunity to the disease. However, it cannot be guaranteed that everyone will, or how long it will last. It is also possible for traces of the virus to be detected for some time after the initial infection. Anyone who has previously received a positive test result should only be retested within a 90-day period if they develop any new symptoms of Covid.

Q3. What is the start date of my isolation?

If someone in your household is symptomatic/tested positive – start from the day when the first person in your household developed symptoms. If you are isolating because someone in your household has had a positive test but is asymptomatic your 10-day period starts from the day their test was taken.

If you have a negative test (or multiple) during your 10-day isolation period this does not mean you can stop isolating. Even if you don't have symptoms you could still pass on the infection or develop symptoms.

Q4. I have developed symptoms whilst in isolation. What do I do?

If you develop symptoms during the 10 day isolation period arrange for a test.

If positive isolate for 10 days from when the symptoms started. Any previous days in isolation do not count towards these 10 days.

If negative you are still at risk of developing symptoms so should continue the 10 days isolation.

Q5. I've had two negative tests. Can I leave isolation?

If you are isolating due to close contact with a positive case or because a member of your household tests positive, you have to complete the 1- day isolation regardless of any negative tests. This is because false negatives are possible in asymptomatic cases, or you could be incubating the virus to appear a few days after negative tests. If you yourself are the person presenting the symptoms that caused your household to go into isolation, then two negative tests will mean the isolation ends, because false negatives are very unlikely when the person is presenting symptoms. Make sure to read the advice of the University Testing Service carefully.

Q6. What if more than one person tests positive in my household? Do we need to isolate for each positive case? What if they overlap?

You only need to isolate for 10 days from the first positive test (or first onset of symptoms, if they were symptomatic). If someone else tests positive, they have to start the 10 day period over again, but the rest of the household can leave after the original 10 day period is over.

Q6. What do I need to do when in isolation?

- Complete the self-isolation form <https://www.bnc.ox.ac.uk/isolate>
- Stay in your room as much as possible and do not leave your household
- Do not leave the household to exercise
- Order food via upay order ahead for delivery
- If using shared facilities within you household make sure you wipe down surfaces and do not use them at the same time as other household members
- If you develop symptoms book a test <https://www.ox.ac.uk/coronavirus/health/covid-testing>
- Do not have visitors to your household (this means the whole household area and corridors, not just individual rooms)

Q7. Can I leave my isolating household to exercise or get some fresh air?

No, Medical Advisory group confirmed that students should remain in their household except for when requiring urgent medical care or getting a Covid test.

Q8. Is post being delivered?

Yes, we are delivering letters and parcels to those self-isolating on request. The delivery is once a day when food is delivered. We are declining requests from friends to deliver to infected households in case they do not deliver safely; it is better that College staff deliver. Email requests to porter@bnc.ox.ac.uk

Q9. Can I go home to self-isolate?

No, you need to isolate in your current household rather than risk further transmission.

Q10. Can I order more than 1 meal at a time to be delivered?

Definitely, and many students do. There are options for self-isolating students to order a hot lunch/brunch, cold dinner (salad or customised sandwich) and breakfast items through the Upay app to be delivered to your staircase in a single daily delivery window.

Q11. Do I need to keep a record of who I have had contact with just in case I become ill?

It would be helpful to be aware of who you have been in close contact with, as it will assist with Track and Trace (especially during periods where it can be a long time between testing positive and being contacted by contact tracers)