Isolation 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.

Negative case – If you remain well you can end your isolation the end of the 14 day period. You do not need to isolate for longer than 14 days even if other members of the household develop symptoms during this period. People who remain in the household and are well after 14 days are unlikely to be infectious.

However, the person with new symptoms must isolate for 10 days.

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 any 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 14-day period starts from the day their test was taken.

If you have a negative test during your 14-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 14 days 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 14 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 14 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 need to isolate for 10 days if positive and 14 days if in the same household. If another person within your household develops symptoms within the 14-day isolation they need to isolate for 10 days from the day they become symptomatic.

Other members of the household, unless they develop symptoms, are released after the initial 14 days (from the 1st positive case in their household).

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

- Complete the self isolation form [https://www.bnc.ox.ac.uk/isolate](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](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)