

Self-Isolation Guide



Please note: This version is dated 29 March. Please continue to refer back to the University website for the most up-to-date advice. [Current government guidance can be found here.](#)

Government guidance currently states that you are not legally required to self-isolate if you test positive for Covid-19, but it is still recommended that you stay at home if you can and avoid contact with other people.

This guide includes information for Reuben College students who are self-isolating after testing positive for Covid-19. You are no longer required to notify College of a positive test result, but we would recommend that you do contact welfare.dean@reuben.ox.ac.uk or academic.office@reuben.ox.ac.uk so we can offer any appropriate support.

Self-isolating when you have been in close contact with someone who has tested positive

You no longer need to self-isolate if you have been in close contact with someone who has tested positive for Covid-19. The NHS recommends avoiding contact with the person with Covid-19 as much as you can, avoiding contact with people at higher-risk from Covid-19, working from home if you can, limiting contact with people you don't live with, and wearing a face covering when you're in close contact with other people or indoors.

The Royal Society for Public Health are saying "Growing evidence shows that people who've received two doses of the vaccine typically present with less severe symptoms. These could be a headache, runny nose, sneezing, sore throat, or loss of smell." If you have any of these symptoms, stay at home and get tested.

There are further details about what constitutes 'close contact' on the [Government Website](#).

How to self-isolate

If you get a positive rapid lateral flow test result, [most people will not need to take a PCR test to confirm the result](#). You must self-isolate immediately if you get a positive rapid lateral flow test result. [Continue to check the Government guidance for up-to-date information.](#)

You must not leave your accommodation (or shared flat) to get shopping, collect post, or run any other errands. You must have shopping and food delivered to you and/or ask a member of your household to collect this for you. If you are living at Reuben College accommodation, you must not move around the accommodation.

If you are living at Reuben College accommodation, you are permitted to exercise in the outdoor area at quiet times (for example, but not exclusively, 07:00 – 08:00 and from 21:00 – 22:00). Please ensure you safely distance whilst making use of this time and wear a mask.

On Wednesday 22 December, the UK Government changed its self-isolation arrangements for those who tested positive for COVID-19. In some cases, individuals who have had a positive PCR test are now required to self-isolate for 7 rather than for 10 days (so long as they meet certain conditions such as receiving negative LFD results on days 6 and 7). [Go to the NHS website for more information.](#)

Reuben College Contacts

Need	Contact	Website/Email	Phone*
Emergency (Police, Fire, Ambulance, etc.)	999 Emergency Services		999 (Not available when using WhatsApp/Skype, etc.)
Out of hours – GP or mental health nurse	111		111 (Not available when using WhatsApp/Skype, etc.)
Other Medical Needs – 8.30am to 6pm Mon-Fri	Dr Leaver & Partners, College Doctor	www.leaverandpartnersjericho.nhs.uk	01865 311234
Other Out of Hours emergency or to make contact with College officers and staff on the emergency rota.	Linacre Lodge		01865 271650
In Hours IT/Technical/Wi-Fi	Alex Wooten	it.support@reuben.ox.ac.uk	None
Other IT issues such as issues with your SSO or email account	Central IT Services	https://www.it.ox.ac.uk/home#/	01865 612345
Farndon Court maintenance matters and questions	Ray Hall, Caretaker	farndon.court@reuben.ox.ac.uk	01865 616460
Accommodation matters	Jodie Vallance	accommodation@reuben.ox.ac.uk	01865 616471
Out of Hours assistance, emergencies	Oxford University Security Services	security.control@admin.ox.ac.uk	01865 289999
In Hours Academic matters and welfare	Caroline Mawson, Senior Tutor	senior.tutor@reuben.ox.ac.uk or academic.office@reuben.ox.ac.uk	
In Hours welfare support	Kirren Mahmood, Welfare Dean	welfare.dean@reuben.ox.ac.uk	

*If called from an international line, begin dialling with the country code +44 instead of 0

Self-Isolating in a Shared Household

While you are living in Oxford, your household will constitute you and those with whom you live and/or share facilities such as a kitchen and a bathroom. Generally, but not always, each household in Reuben College accommodation will consist of about 5-8 people.

What to do if you or someone in your household develops COVID-19 symptoms

If you are fully vaccinated, you should take extra precautions as you may still be able to pass COVID-19 to others. Limit close contact with others outside your household, wear a face covering, and take daily LFD tests for 7 days. If you develop symptoms, book a PCR test. If you get a positive LFD test result, you do not need a confirmatory PCR test and should begin your own self-isolation period immediately. [Continue to check the Government guidance for up-to-date information.](#)

If your household is self-isolating, whether you are in College, University, or private housing, please contact the College as soon as possible so you can receive additional support. If you need to enter your shared kitchen or bathroom ensure you are wearing a face covering and try to ensure you are not using the space at the same time as other people. We will provide you with a sign to place on your door indicating that you are self-isolating so that our cleaning and caretaker are made aware.

Testing

The University has a dedicated, free COVID-19 testing service in place to help students who show symptoms to get easy access to a PCR test. The testing site is located in the Radcliffe Observatory Quarter. You are permitted to leave your accommodation during self-isolation to attend a testing centre.

Further details: <https://www.ox.ac.uk/coronavirus/health/covid-testing/PCR-testing>.

The University also offers regular symptom-free testing (LFD or Lateral Flow Device testing) and you are strongly encouraged to get tested twice a week once you have completed any period of self-isolation:

<https://www.ox.ac.uk/coronavirus/health/covid-testing/regular-testing>

University staff and students should use the University's service rather than the NHS service to ensure that the local community can continue to access tests through the NHS. **By using the University service we are also alerted about your test so that we can provide any support that you may need. If for any reason you do use the NHS Testing service (or any other provider) and receive a positive COVID-19 test result, please complete the form at:**

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

We would also like to remind students that they should be registered with a GP (doctor) in Oxford and this is particularly important at this time.

For most students living in Reuben College Accommodation in a shared household, shared spaces such as kitchens will be available to non-isolating members of the household as normal. While you are self-isolating, please avoid contact with others as much as possible; you can only use the kitchen and other necessary shared areas when they are not being used by others. If you are not staying in Reuben College accommodation you should contact your landlord for advice and guidance about self-isolating.

Food & Meals during Self-Isolation

(Please note that the College is not formally affiliated with any of the private businesses mentioned).

If you are in shared accommodation in Reuben College accommodation, you will be able to use the shared kitchen when no one else in your household is doing so. You should arrange when you can use the kitchen with the others in your household. You will need to thoroughly clean the area both before and after use.

In Oxford, there are a number of services that can be used to deliver food to your accommodation. Most UK supermarkets offer a delivery service, and please don't be shy in asking your fellow household members/friends who aren't self-isolating to pop out to the shops for you whilst you are unable to. The Accommodation Officer Jodie Vallance will share details of your household members with you, and do consider setting up a WhatsApp group or similar so that you can all help each other through any periods of self-isolation.

If you are really struggling to get food and supplies during self-isolation, please contact accommodation@reuben.ox.ac.uk and we will do our best to help you.

You can of course also order takeaway food using sites such as UberEats, Deliveroo and JustEat. Please remember that whilst you are self-isolating you should not collect deliveries yourself. Please ask someone who is not self-isolating to collect things for you.

Self-Isolation Delivery Service

Linacre College is offering a delivery service to students who are self-isolating. Please order by 8am for delivery between 11:30am-1pm. Monday to Friday only. Breakfast boxes will be delivered with a lunch order. The delivery service is not available at weekends or overnight but boxes can be collected from the Linacre College Lodge in the event of a weekend emergency.

Food hampers are also available, a [full breakdown of items can be found here](#). All students in Farndon Court are able to purchase hampers for delivery from the Linacre College Reception. Either order via reception@linacre.ox.ac.uk or just visit Reception: [Delivery Order Form](#).

If you are not self-isolating, please use the normal dining hall service provided at Linacre College.

Supermarkets that Deliver in Oxford

A number of nearby supermarkets can delivery groceries and/or basic medical necessities to most addresses around Oxford, including the College accommodation. These will need to be booked well in advance as delivery slots get booked up.

- Tesco: <https://www.tesco.com/groceries/>
- Sainsbury's: <https://www.sainsburys.co.uk/shop/gb/groceries/discoverhome/shopping-online/delivery>
- Waitrose: <https://www.waitrose.com/ecom/shop/browse/groceries>
- Co-op: <https://www.coop.co.uk/ways-to-shop/home-delivery>
- Iceland: <https://www.iceland.co.uk/book-delivery> (accepts Paypal)
- Ocado: <https://www.ocado.com/webshop/> (accepts Paypal and American Express)

You can also order groceries via Deliveroo.

Local food deliveries in Oxford

There are a number of small local businesses that offer delivery in Oxford.

- Alden's - <https://www.aldensoxford.co.uk/> - meat, fish and fruit and vegetables, catering wholesaler. Only deliver orders over £60 in value, however, so we recommend order together in households. Delivers during the day (can specify day). Free delivery. Meat, fish, fruit and vegetables (including boxes), eggs, some other items. Payment in advance through BACS (i.e. online banking).
- Milk & More - www.milkandmore.co.uk Includes dairy produce (milk, cream, yogurt, eggs, some cheese), fruit juices and other soft drinks, bacon and sausages, some pasta, fruit and vegetables (boxes and some individual items), bread and cereals, some household goods. Payment by debit or credit card (not AmEx). Delivers and leaves on your doorstep very early in the morning so NOT SUITABLE for those in College accommodation/shared accommodation.
- Bonner's - <https://www.bonnersoxford.shop/> - greengrocer in central Oxford, also delivering goods from other shops in the Covered Market. Delivers next day (if order placed by midday). Standard delivery charge of £3. Deliveries are during the working day. Fruit and vegetables, cheese (from specialist cheesemonger), some bread and pastries, artisan pies, flowers, coffee, some household items. Payment after delivery through BACS (i.e. online banking) or by card over the phone.

Restaurant Delivery

Oxford is filled with restaurants serving delicious food from all around the world. Many of these restaurants offer delivery to most addresses in Oxford. You can find delivery information on specific restaurants' websites or through delivery services such as Deliveroo (<https://deliveroo.co.uk/>), JustEat (<https://www.just-eat.co.uk/>) and UberEats (<https://www.ubereats.com/gb/>). Ask someone not self-isolating to collect your delivery for you.

Pharmacy/Chemist Delivery

Several pharmacies also offer delivery service for basic medical items and/or prescriptions (see the 'College Doctor' section below on how you can get a prescription filled if you need one during self-isolation).

- Boots: <https://www.boots.com/online/pharmacy/>
- Lloyd's Pharmacy: <https://lloydspharmacy.com/blogs/prescriptions/prescription-delivery>
- Cowley Pharmacy: <https://www.cowleypharmacy.co.uk/>
- Oxford Online Pharmacy: <https://www.oxfordonlinepharmacy.co.uk/delivery-information>
- Pharmacy2U: <https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs>

The College Doctor

If you have not done so already, please register for a local GP (general practitioner) online at <http://www.campusdoctor.co.uk/oxford/>.

Your GP will provide for your basic medical needs while in Oxford, including check-ups, consultations, prescriptions, and referrals for specialised treatment. The GP affiliated with Reuben College is Dr Leaver and Partners, which is a ten-minute walk from the College. You can visit their website here: <https://www.leaverandpartnersjericho.nhs.uk/index.aspx>

If you know you will need a prescription filled and delivered before your self-isolation period is over, please contact the practice as soon as possible (01865 311234).

For any medical emergencies, please dial 999 immediately. Any non-urgent questions can be directed to the College doctor or by calling the NHS hotline at 111.

Wi-Fi

As a student at the University of Oxford, you should have access to the 'eduroam' Wi-Fi service, which is available at all College accommodation sites, as well as most buildings associated with the University. To access eduroam, you should have set up your Single Sign On (SSO), Remote Access Account, and the eduroam Configuration Assistance Tool before you arrived. If you have not completed these steps, or if you have, but eduroam is still not working properly, you will need to contact IT services. If you're living at Farndon Court, contact them using farndoninternet@admin.ox.ac.uk.

Getting a UK Phone Number

Many online delivery services require a local phone number to create an account or to make deliveries. To avoid complications, it may be helpful to get a working local phone number when you arrive, whether through purchasing a new phone with a mobile network provider or by getting a local SIM card and paying for a SIM-only plan. A number of businesses offer delivery of mobile phones and/or free SIM cards (some include free delivery), which can be set up with mobile service through monthly or pay-as-you-go plans. Here are several companies offering this service in Oxford:

- giffgaff: <https://www.giffgaff.com/free-sim-cards>
- EE: <https://shop.ee.co.uk/>
- Vodafone: <https://www.vodafone.co.uk/mobile/>
- Lycamobile: <https://www.lycamobile.co.uk/>
- Three: <http://www.three.co.uk/>

Accessing Library Collections

With your Oxford University Single Sign On (SSO) you have access to SOLO (Search Oxford Libraries Online) which grants you access to over 1.4 million e-books and over 100,000 digital journal titles: <http://solo.bodleian.ox.ac.uk/>. You can also use their 'Scan and Deliver' tool, which enables you to obtain scans of book chapters or journal articles from the Bodleian Libraries' print collections: <https://www.bodleian.ox.ac.uk/using/scan-and-deliver>. Whilst you are self-isolating you will not be able to collect items yourself.

Entertainment

You can stream movies and/or television from a number of services available in the UK, including Netflix, Amazon Prime Video, NowTV, Disney+, BritBox, Sky Go, AppleTV, and Channel 4. We also invite

you to explore the YouTube channels and social media accounts of the University and some of its teams and Institutions, such as the Museum of Natural History, the Bodleian Libraries, and much more.

Please note that, in the UK, to watch or record live programmes on a TV, computer or other device, requires a TV licence, which costs £159.00 per year. Most non-live streaming services do not require a TV license, but there are exceptions (for example, BBC iPlayer does require you to have a TV license). If you are unsure if this applies to you, please find additional details at www.gov.uk/tv-licence

Miscellaneous

[OxWash](#) provides a delivery service. They pick-up from Farndon and deliver the washed clothes. You can ask a friend to leave the laundry outside for pick-up.