

Advice for those needing to self-isolate on entry to the UK

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To maintain the health and wellbeing of our residents and staff, we have produced this document as a guide to help you keep yourself and your fellow residents safe.

Those travelling to the UK from abroad are required to self-isolate in their accommodation for 14 days.

Unless travelling from a country that has been designated a travel corridor by the UK government. An up to date list of countries that are covered by the travel corridor exemption can be found on the Government website on the [Coronavirus: Travel corridors](#) pages.

For the duration of this isolation period, you may not leave your accommodation, unless it is an emergency. **Please familiarise yourself with the relevant UK Government Guidelines, which we have laid out on pages 2-3 for your convenience.**

We have also provided specific advice on self-isolating within Oxford University Graduate Accommodation from page 4 onwards.

For the latest information and advice on coronavirus, please check the following websites:

[Government www.gov.uk website](#)

[NHS Coronavirus web pages](#)

[University of Oxford COVID-19 Response](#)

Government Guidelines

The following information has been extracted from Government guidelines.

The full, up-to-date guidance can be found on gov.uk [Coronavirus: how to self-isolate when you travel to the UK](#).

Travel

When you arrive in the UK, go straight to the place where you will self-isolate.

Only use public transport if you have no other option. If you do use public transport, wear something that covers your nose and mouth and stay 2 metres apart from other people. Pack a [face covering](#) or scarf to cover your nose and mouth before you travel.

If you have coronavirus symptoms, you will not be allowed to travel by public transport.

Self-isolate for your first 14 days in the UK

You should [self-isolate in one place for the full 14 days](#), where you can have food and other necessities delivered, and stay away from others.

You must self-isolate at the address you provided on the public health passenger locator form.

You should not have visitors, including friends and family unless they are providing:

- *emergency assistance*
- *[care or assistance](#), including personal care*
- *medical assistance*
- *certain critical public services*

You cannot go out to work or school or visit public areas. You should not go shopping.

If you require help buying groceries, other shopping or picking up medication, you should ask friends or relatives or **order a delivery**.

You must only exercise within your home or garden.

NHS Volunteer Responders are also available if you need help collecting shopping, medication or would like a telephone 'check-in and chat'. Call 0808 196 3646 (8am to 8pm) to arrange volunteer support. You can arrange one-off support, or schedule more regular help whilst you are self-isolating.

In England, you can only leave your accommodation in limited circumstances. These include where:

- *you need urgent medical assistance (or where your doctor has advised you to get medical assistance)*
- *you need access to basic necessities like food and medicines, but only in exceptional circumstances such as where you cannot arrange for these to be delivered*
- *you need to access critical public services such as social services and victim support services, but only in exceptional circumstances*
- *you need to go to the [funeral of a family member](#) of someone you live with*
- *you need to visit a dying or critically ill family member or someone you live with*
- *you need to fulfil a legal obligation such as participate in legal proceedings*
- *there's an emergency*

You are not allowed to change the place where you are self-isolating except in very limited circumstances, including where:

- *a legal obligation requires you to change address, such as where you are a child whose parents live separately, and you need to move between homes as part of a shared custody agreement*
- *it is necessary for you to stay overnight at accommodation before travelling to the place where you will be self-isolating for the remainder of the 14 days*
- *there's an emergency*

Washing your hands and keeping good hygiene

Everyone should wash their hands regularly, but this is particularly important for people who have recently travelled to the UK because you could have contracted coronavirus and not yet developed

symptoms. Wash your hands frequently with soap and hot water, for at least 20 seconds, rinse and dry thoroughly. Use alcohol-based hand sanitiser if soap and water are not available. Avoid touching your eyes, nose, and mouth.

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag, and immediately wash your hands with soap and water for at least 20 seconds, rinse and dry thoroughly.

Self-isolating within University of Oxford Graduate Accommodation

Arrival to Graduate Accommodation

As you will be arriving to self-isolate, we will arrange for your keys to be placed into a key safe so that you may have a 'contactless' check-in to your accommodation.

Please ensure that you keep a 2 metre distance from others while collecting your keys from the key safe, and ensure that you use a face covering while walking through the communal areas to access your accommodation.

Should you have any difficulty locating or accessing your accommodation, please call the Graduate Accommodation Office for assistance on 01865 280923.

Self-isolation in shared accommodation

If you will be living in a single room that has shared facilities, the government advice is that you reduce your use of these facilities for the 14 day period that you are isolating.

You will, therefore, need to spend the vast majority of your time in your room for that period, using your shared kitchen and bathrooms, only when absolutely necessary. Shared facilities should be used only when they are not in use by others, and you will need to clean them after each use.

Cleaning packs will be provided for each individual tenant's personal use for the cleaning of communal areas.

You will need to do the following:

- *dispose of all rubbish immediately*
- *wash, dry and put away your personal items immediately, touching only your own storage areas*
- *wipe down all surfaces you have touched*
- *wipe all handles you have touched including kitchen door, cupboard doors, fridge, microwave and kettle if you have used this*
- *in bathrooms, wipe down the taps, shower handles, bathroom door, toilet seat and flush handle/button and light switches*
- *All disposable paper towels used for cleaning must be disposed of immediately into the bins.*

You may not use laundry rooms or common rooms during your self-isolation period.

Should you develop symptoms, you would need to isolate for 10 days and your household members would need to self-isolate for 14 days.

**Please let the Graduate Accommodation Office know immediately if you develop symptoms
Self-isolation in self-contained accommodation**

If your accommodation is self-contained you will need to remain in your property for the duration of your 14 day self-isolation.

You may not use the laundry rooms or common rooms during your self-isolation period. You may want to consider handwashing small essential items in the sink or bath.

If you live with family who have remained in the UK or travelled from a country exempt from self-isolation then they will not need to self-isolate unless you develop symptoms.

Should you develop symptoms, you would need to isolate for 10 days, and your household members would need to self-isolate for 14 days.

Please contact the Graduate Accommodation Office immediately if you develop symptoms.

Planning for your arrival

Food deliveries

To make your self-isolation as easy as possible, we advise that you set up a food delivery for the day following your arrival. You will need to book this in advance. There are several supermarkets in the UK that provide a home delivery service; details of several of these are below.

[Sainsbury's delivery](#)

[Tesco delivery](#)

[Asda delivery](#)

[Waitrose delivery](#)

[Ocado delivery](#)

[Iceland delivery](#)

Essential Food Boxes

If a full supermarket delivery is not available on the required date, there are also several supermarkets delivering essential food boxes. These provide you with essentials, and usually offer next day delivery:

[Morrisons food box](#)

[Asda food box](#)

[John Lewis food box](#)

[Marks and Spencer food box](#)

Takeaway food options

Takeaway meals can also be ordered and brought directly to your door:

[Deliveroo](#)

[Just Eat](#)

Homeware items

If you had planned to buy your bedding and kitchen equipment on arrival to the UK, you would need to arrange to have these delivered to you as well.

Please bear in mind delivery times, and try to arrange for these items to arrive on the same day as you do, as you will need to be available to receive the delivery in your accommodation.

Many of the supermarkets listed above also sell household items.

Starter packs are also available from the website [My Student Essentials](#) and [Argo's kitchen essentials starter set](#).

Individual homeware items can be ordered from the following:

Argos: [home and furniture](#)

Asda: [Homeware](#)

John Lewis: [University Essentials](#)

[Amazon](#)

Safety and property maintenance during your self-isolation period

Fire evacuation

Should an unscheduled fire alarm sound, you must still evacuate the building. Take a face covering with you if it is to hand, and try to keep 2 metres from others if possible while evacuating, but not if it hinders your quick evacuation from the building. Once at the assembly point, please maintain a 2 metre distance from other residents.

Maintenance

Due to these exceptional circumstances and to ensure the safety of our staff and other residents, our site assistant and contractors won't be able to enter your room/flat for the period that you are self-isolating except in an absolute emergency.

For this reason, we are reminding everyone who is self-isolating that it is important to:

- *avoid plugging in any items that may cause the electrics to trip*
- *ensure that you clear the plug of any hair after using the shower, to reduce the chances of a blockage*
- *ensure that you scrape all plates before washing, and do not put any oils/fats down the sink*
- *This will help to ensure you are able to stay safe, secure and comfortable in your flat for the duration of the period you have to stay at home.*

If you do experience an emergency maintenance problem, please report this to the Graduate Accommodation Office, (or if out of hours, Security Services on 01865 272944). Please provide as much information as you can about the problem (including photos if possible), and ensure that you highlight to the member of staff that you are self-isolating so that we can take the appropriate steps to assist you.

Welfare and support

We understand that having to undertake self-isolation on your arrival in Oxford may be challenging.

If you require additional welfare support, your college should be your first point of contact. Your college's welfare details can be found on the [college support web pages](#).

You can also access the [University's Student Welfare and Support Services](#), which are in place to support Oxford students during their studies.

What to do if you develop symptoms

Symptoms of coronavirus are:

- *A new, persistent cough*
- *High temperature*
- *Loss or change to your sense of taste or smell*

If you develop any of these symptoms, please inform the Graduate Accommodation Office as soon as possible.

You will need to self-isolate for a further 10 days, even if you are nearing the end of your precautionary 14 day isolation.

You will also need to book a test either via the [Free NHS test portal](#), or the University's [Early Alert Service \(EAS\)](#).

All members of your household (whether family members or fellow students with whom you share kitchen/bathroom facilities) will also need to self-isolate immediately for 14 days (or until the results of your test are returned clear), so please inform them of this.

The Graduate Accommodation Office will assist with this where you are sharing with other students.

We hope that you have found this guide useful for planning for your arrival in Oxford. If you have any further questions or concerns about self-isolating within University Graduate Accommodation, please contact us on graduate.accommodation@admin.ox.ac.uk

Estates Services

GRADUATE ACCOMMODATION

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