

Self-Isolation Guide

Please note: This guide was first published on 8 September 2020, it has been significantly revised and updated since then in line with government guidelines. This version is dated **22 January 2021**. Please do continue to refer to the website for the latest version and most up-to-date advice.

Government Advice

Students arriving from outside the UK, must 'self-isolate' for 10 days upon arrival to the UK. When you are in self-isolation/quarantining you should **NOT** be leaving your household unless there are [exceptional circumstances](#). The UK has increased penalties and introduced significant fines, up to £10,000, for those failing to self-isolate. The police are checking on recent arrivals to ensure they are following these guidelines. This includes those living in College accommodation: if you are on the main site, for example, you must remain in your household accommodation during self-isolation, and not move around the whole site.

As of 18 January, travel corridors have been suspended. This means that if you travel to England from anywhere outside the UK, Isle of Man or Channel Islands, you [MUST self-isolate for 10 days](#).

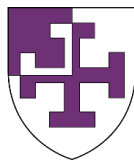
This document includes contacts and information to help you stay safe during your 10-day isolation (please note that the College is not formally affiliated with any of the private businesses mentioned).

Please do continue to refer to the <https://www.stx.ox.ac.uk/st-cross-college-covid-19-changes> page which will be updated regularly with new information.

St Cross College Contacts

Need	Contact	Email	Phone*
Emergency (Police, Fire, Ambulance, etc.)	999 Emergency Services	—	999 (Not available when using WhatsApp/Skype etc.)
Other Medical Needs	Dr Leaver & Partners, <i>College Doctor</i>	—	01865311234
IT/Technical/Wi-Fi issues	Marcin Zajac, <i>IT Officer</i> Sean Sirur, <i>Student IT Assistant</i>	itsupport@stx.ox.ac.uk	None
Maintenance issues with your room/flat	Kenny Cox, <i>Estates Manager</i>	estates.manager@stx.ox.ac.uk	01865278485
Issues related to your tenancy	Lara Summerhill, <i>Accommodation Officer</i>	accommodation@stx.ox.ac.uk	01865278488
Other assistance at the College site	Porters' Lodge	porters@stx.ox.ac.uk	01865278490
Questions regarding the College site and amenities	Suzy Hodge, <i>Domestic Bursar</i>	domestic.bursar@stx.ox.ac.uk	01865278449
Academic matters	Sharon Durno, <i>Academic Administrator</i>	academic.administrator@stx.ox.ac.uk	01865278445

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



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Self-Isolating in a Shared Household

While you are living in Oxford, you and those with whom you live with and/or share facilities such as a kitchen and a bathroom will constitute your household. Generally, but not always, each household in St Cross accommodation will consist of about 6 to 8 people. If you are in St Cross accommodation, you will be provided with contact details of your household when you arrive. You will not be considered to have formally joined your household until AFTER your period of self-isolation, and those in your household do not need to self-isolate on your arrival (unless they too have recently travelled from a non-exempt country OR begin showing COVID-19 symptoms).

If any member of your household develops COVID-19 symptoms, all members of the household should self-isolate until a test can be performed and the result is known. If any member of your household tests positive for COVID-19, all members of the household should self-isolate for an additional 10 days. If this is the case, whether you are in College, University, or private housing, please contact the College as soon as possible so you can receive additional support. A useful diagram is available [here](#).

The University has a dedicated, free COVID-19 testing service in place to help students who show symptoms get easy access to a COVID-19 test. There are testing sites in central Oxford and in Headington, and you can book a test online at www.ox.ac.uk/coronavirus/health/covid-testing. Results will be available within 24 hours.

If you have COVID-19 symptoms and require a COVID-19 test, please remember to use the University's [COVID-19 Early Alert Testing Service](#). University staff and students should use this 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 [this form](#). We would also like to remind all students that they should be registered with a GP (doctor) in Oxford and this is particularly important at this time. If you need details about registering for GP, please find this on [our website](#).

For most students living in St Cross 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 St Cross accommodation you should contact your landlord for advice and guidance about self-isolating.

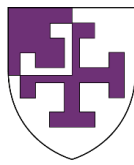
Food & Meals during Self-Isolation

In St Cross accommodation you will be able to use the shared kitchen, when no-one else in your household is doing so. You will need to thoroughly clean the area both before and after use. To help you during self-isolation and before you become familiar with UK food, you may wish to consider bringing some food with you, as long as you adhere to the UK regulations for bringing food into the UK: <https://www.gov.uk/bringing-food-animals-plants-into-uk/food>.

In Oxford there are a number of services that can be used to deliver food to your accommodation. We would particularly like to draw your attention to one of our College suppliers, Alden's Meat master: <https://meatmaster.info/meatmaster-shop/>. They are able to supply fruit and veg boxes, everyday essentials, meat, and even some ready meals. You do need to spend £60 to get delivery, so we suggest that you work as households and order together.

Of course, most UK supermarkets also 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. If you are really struggling to get food and supplies during self-isolation, please contact events@stx.ox.ac.uk and we will do our best to help you.

22 Jan 2021



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UNIVERSITY OF OXFORD

You can of course also order takeaway food using sites such as UberEats, Deliveroo and JustEast. 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, if it is being delivered to the main site and the Porters Lodge.

We are now able to offer a takeaway lunch service for those who are self-isolating on the main site. The takeaway service is not be used for students who are not self-isolating. Lunch is available from Monday to Friday. Bookings for lunch need to be made the day before, and are open from 8.30am – 1pm. To order a lunch for Monday, you will need to book on a Friday. The cost of lunch will be charged to your College Battels Account.

To book a takeaway, please use the normal Meal Booking System (new students will have received an email with login-details) and in the 'additional information' section type 'Takeaway'. You will be able to provide your dietary requirements at the time of booking. You will need to ask a student who is not self-isolating to collect your takeaway and bring it to your room at the time slot you have booked for (12pm, 12.45pm or 1.30pm).

Supermarkets that Deliver in Oxford

A number of nearby supermarkets can delivery groceries and/or basic medical necessities to most addresses around Oxford, including all 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)

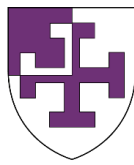
Local food deliveries in Oxford

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

- Alden's - <https://meatmaster.info/> - 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 in advance through BACS (i.e. online banking). Delivers and leaves on your doorstep in the early morning so NOT SUITABLE for those in College accommodation/shared accommodation.
- Bonner's - <https://www.bonnersoxford.shop/> - greengrocer in the covered market, also delivering goods from other covered market stores. 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 (at least if getting fruit and veg) through BACS (i.e. online banking).

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/>)



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UNIVERSITY OF OXFORD

and UberEats (<https://www.ubereats.com/gb/>).

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>
- Woodstock Road Chemist: <http://www.woodstockroadchemist.co.uk/>
- 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 your basic medical needs while in Oxford, including check-ups, consultations, prescriptions, and referrals for specialised treatment. The GP affiliated with St Cross College is Dr Leaver and Partners, which is a ten-minute walk from the College. You can download and/or submit registration forms from <https://www.leaverandpartnersjericho.nhs.uk/new-patients.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 (01865311234).

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.

Getting a UK Phone Number

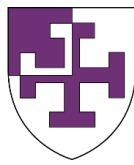
Many online delivery services require a local phone number to create an account or to make deliveries. To avoid complications, it may be helpful to get a working local phone number when you arrive, whether through purchasing a new phone with a mobile network provider or by getting a local SIM card and 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:

22 Jan 2021



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UNIVERSITY OF OXFORD

<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 license, which costs £157.50 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.