St Anne's College
University of Oxford

Guidance for Students & Staff with Symptoms of a Respiratory Infection including COVID-19

Students and staff with a positive COVID 19 result are advised to avoid contact with other people for at least 5 days, which is when they are most infectious. The day of the positive test is day zero. Day 1 is the first full day after the day of the positive test. You may return to normal duties on day 6 if you are well.

Students and staff who are unwell, having symptoms of a respiratory infection and have a high temperature should stay at home or remain in their room and avoid contact with people; students should avoid tutorials and lectures. You can return to circulation when you no longer have a high temperature, and you are well enough.

Symptoms of Covid 19, flu and common respiratory infections include:

- Continuous cough.
- High temperature.
- Loss of or change in your normal sense of smell or taste.
- Shortness of breath/unexplained tiredness or lack of energy.
- Muscle aches or pains/not wanting to eat or not feeling hungry.
- Headache that is unusual or lasting longer than usual.
- Sore throat, stuffy or runny nose.
- Diarrhoea, feeling sick or being sick.

Key measures that members of College can take to reduce the spread of Covid 19 are:

- Vaccination (check NHS website for locations).
- Maintaining good hand hygiene.
- Take a lateral Flow Test if you have symptoms (available from the Lodge).
- Isolate at home or in your room for 5 days if a positive result is confirmed.
- Wear a face covering if you develop symptoms and respect others who choose to wear one.
- Ventilate rooms where appropriate.
- If tested positive inform your close contacts as soon as possible.

Other Important Information

If students test positive, please inform the Lodge immediately.

Students that are isolating in their rooms should arrange with friends or housemates to collect take-away meals. Student welfare reps may be able to assist.

College recommends that all students organise a small supply of food and supplies to ensure that in the event of illness students have immediate supplies whilst organising further support.

The College Welfare Team is available for support if required.

Further guidance can be found here.