



Self-isolation when travelling to Mansfield from abroad

This guide applies to any new student who needs to isolate after arriving in the UK from another country, aside from countries which are exempt. Please read through the UK government guidance carefully, and check whether your home country is on the exempt list or not: <https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>

Before Arriving

What to bring

You should bring the following items for use during self-isolation, as you will not be able to visit shops. You should also ensure that you keep a supply in your room throughout the term, in case your household needs to self-isolate at any point.

- Medication (to last 10 days)
 - Over-the-counter pain relievers. E.g. paracetamol or ibuprofen
 - Cough and cold medications.
 - If you have regular prescription medication, you should make sure you always have at least 10 days' supply in your room. E.g. inhalers, contraception
- Some medications can be ordered from online pharmacies such as the [Independent Pharmacy](#) and [Lloyds Pharmacy](#).
- Soap, sanitising hand gel, sanitising wipes
- Face masks (washable or disposable)
- Tissues
- Sanitary items
- Food
 - Aim to bring a small amount with you in case of emergency.
 - Supermarkets/retailers which offer delivery in Oxford include: Tesco, Sainsburys, Waitrose, ASDA, Iceland, Ocado, Amazon/Amazon Pantry. You can access their delivery service through their websites.
 - Please note there is often a long wait for slots so it would be advisable to book before you arrive.
- Enough clothing for 10 days, in case you are not able to access laundry facilities

Travelling to Oxford

For information about travelling to Oxford, please see the ['Finding Your Way to Oxford' guide](#). Please make sure to follow all of the government guidance about how to travel safely to your self-isolation accommodation.

Rules during your self-isolation period

During your self-isolation period you should not leave your accommodation unless in an emergency, such as a fire alarm or medical emergency. Please make sure you read the UK government guidance on what you are and are not permitted to do during isolation (linked above).

Your quarantine will last for 10 days. Please note that the UK government rules also permit 'test to release' after 5 days:

“How do I access the Government’s ‘Test to Release’ scheme?

The University cannot provide tests to allow you to leave self-isolation early after international travel under the Government’s ‘Test to Release’ scheme. You will need to contact and make arrangements with a private provider directly. You should follow the directions on the .gov website which also includes a list of eligible private providers. Please note that we understand that demand for these services is high, and you may want to contact a provider ahead of time and book early if you wish to take advantage of this scheme.

<https://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel>

What to do if you fall ill

Anyone who is experiencing symptoms of Covid-19 should notify the Mansfield Porters’ Lodge immediately (phone 01865 270999 or email lodge@mansfield.ox.ac.uk). Please make sure to tell the Porter where you are living and to let them know if you are feeling very unwell and need additional welfare support.

You should then request a test as soon as possible. All students in residence should do so via the University’s Early Alert Service (EAS) <https://www.ox.ac.uk/coronavirus/health/covid-testing>. The main symptoms of coronavirus are: a high temperature; a new, continuous cough; or a loss of, or change to, your sense of smell or taste. All those taking an NHS test should let the Porters’ Lodge know the outcome of any test as soon as it is known.

If you receive a positive test for Covid-19, you must then isolate in your room for 10 days, or longer if you still have symptoms, regardless of how long you have spent in isolation so far.

If you are feeling unwell, whether with Covid-19 symptoms or not, the College’s welfare team will keep in touch with you, make sure you have enough to eat and assist in making any medical arrangements if necessary.

Looking after your welfare and wellbeing

The Welfare Team, including the Tutor for Welfare ([Gail Leckie](#)), will be contacting you through your isolation period to check in with you. You are also welcome to email them at any time.

Questions

If you have any questions about arrangements for isolation before arriving, please email the Registrar (registrar@mansfield.ox.ac.uk). The Welfare Team are very happy to answer questions more generally and chat to you during your isolation.