Self-isolation when travelling to Mansfield from abroad

This guide applies to any new student who needs to isolate in Mansfield accommodation 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](https://www.gov.uk/government/publications/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 14 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 14 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
  - The College will provide three meals a day during your self-isolation, but you should also consider purchasing snacks, drinks, etc. to keep in your room.
  - Enough clothing for 14 days. You will not be able to access laundry facilities during your isolation period.

Your room will have bed linen, a small fridge and kettle, and waste bags. If you are missing any items from your room please contact lodge@mansfield.ox.ac.uk or 01865 270999.

If you need to order anything to be delivered to the College, please check with the Lodge first.

Travelling to Mansfield

For information about travelling to Oxford, please see the 'Finding Your Way to Oxford' guide. The address for Mansfield is: Mansfield College, Mansfield Road, Oxford, OX1 3TF. Please make sure to follow all of the government guidance about how to travel safely to your self-isolation accommodation.
Upon Arrival

When students arrive at College to begin their self-isolation, they should arrive at the main gate of the College and ring the bell to alert the Porters Lodge. Face coverings should be worn. The porter will give you the key to your room and directions for accessing it. This is the room you will remain in for your isolation period. This may or may not be your term-time room depending on when you arrive and where your term-time room is. You will receive details of your term-time room from the Accommodation Manager separately.

Wifi set-up

To get set up on eduroam:

1. [Activate your Oxford Single Sign-on (SSO) account](#), if you haven’t done so already
2. Go to the [Self-Registration website](#) to generate a Remote Access account
3. Download the [eduroam Configuration Assistance Tool (CAT)](#) to help you set up eduroam
4. Install eduroam
5. When you want to connect to Wi-Fi, click on eduroam in your WiFi options and enter your Remote Access username and password. To avoid entering your credentials every time, you can select the option on your device to always connect/remember.

Tip: you will need a Remote Access account to get onto eduroam. This is separate from your Single Sign-On account, and has a different password but the same username. Don’t forget that your Remote Access login is your Oxford username followed by @OX.AC.UK (upper case). Simple descriptions of these different accounts are available on our helpful [Your University accounts](#).

If you have not received your Single Sign-On by the time you arrive, please ask the Porter for a temporary visitor Wifi code to use during your self-isolation.

Rules during your self-isolation period

During your self-isolation period you should not leave your room unless in an emergency, such as a fire alarm or medical emergency, or to use the Fellows’ Garden (in front of E Block) for exercise and fresh air. You may only use the Fellows’ Garden if you do not have any symptoms of Covid-19. Any time you leave your room, whether for emergency or exercise, you should wear a face mask and ensure you do not come within 2 metres of any other student or staff member. You should not interact with anyone else in person unless in an emergency, and must not have visitors of any kind.

The College will provide meals for you during your self-isolation period. You will not be able to leave the College to go to shops and restaurants in the city (see above about what to bring).

If you do not follow these rules, you will be subject to the College’s disciplinary procedures.

What to do if you fall ill

Anyone who is experiencing symptoms of Covid-19 should notify the Porters’ Lodge immediately (phone 01865 270999). They 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](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), the Chaplain (Sarah Farrow) and the Junior Deans, will be contacting you through your isolation period to check in with you. You are also welcome to email them at any time. A separate email about wellbeing and entertainment during self-isolation will follow from the Welfare Team.

**Leaving self-isolation**

If you are isolating in a room other than your term-time room, please ensure that you vacate your accommodation by 9am on the last day of your isolation. It is especially important for you to leave promptly if you are not finishing isolation until 3rd/4th October, as the room must be cleaned before its term-time occupant arrives.

Please ensure that you have put all waste in a waste bag and tied the bag up. Please also ensure that you put your bed linen in a waste bag. If you are leaving your room to move to your term-time accommodation, you may leave the waste bags in your room for the cleaning staff to collect. If you are staying in your room, then please leave your waste and linen bags in the corridor outside your room for the cleaning staff to collect.

If you have had any symptoms of Covid-19 during your isolation, you must double bag your waste and double bag your linen. If you received a positive Covid-19 test, please do not put any of your waste/linen into the corridor until you have completed your 10 days isolation.

If you have been isolating in a room other than your term-time room, please make sure that you return the keys to the Lodge as soon as you vacate the room. It is very important that you do this quickly, as the room’s term-time resident may be arriving soon after.

**Questions**

If you have any questions about arrangements for isolation before arriving, please email Helen Brooks. Once you have arrived the Porters Lodge is your main point of contact (lodge@mansfield.ox.ac.uk, 01865 270999), and is your contact in case of emergencies. The Welfare Team are very happy to answer questions more generally and chat to you about arrangements.

On the next page is a welcome message from the Principal, Helen Mountfield QC. You will also hear from the Welfare Team directly in the next few days.
A message from the Principal to quarantining students

From the Principal, Helen Mountfield QC

Dear all

Welcome (or welcome back, or – if you are not here yet – we look forward to welcoming you back) to Mansfield College, and to Oxford.

I’m sorry that, inevitably, this term starts with two weeks of self-isolation, and hope it doesn’t feel too much like house arrest. Do feel free to contact us with any practical problems you may have with anything like food or health: we have planned to make sure you don’t, but please don’t hesitate to contact us if anything goes wrong.

But even with the practicalities sorted, the Covid crisis means that this is not quite the usual welcome we would like to offer. We are very keen to make sure that we keep a sense of connection and community going, and will be doing everything we can to do that.

Because you are stuck at home, we have decided to start off by having a few online ‘meetings’, and our welfare leads, Dr Gail Leckie and Reverend Sarah Farrow, will also be in touch with details about some social events online.

I have partnered up with the heads of St Peter’s, New College and Lincoln College, and we have arranged a series of half-hour talks/meetings on subjects which I hope are of interest, and which may give us a chance to begin to meet and chat online.

The talks will be shared with quarantined students at St Peter’s, New College and Lincoln. They will take place at 4pm, and the sessions will last about 30 minutes including some time for questions. The dates, titles and joining links are set out below. There will be a waiting room open 10 minutes before each talk starts:

**Tuesday September 22, 2020 4.00 PM London time**

**Professor Henry Woudhuysen, FBA (Rector, Lincoln College), 'Show and tell: five books from my shelves'**

Join Zoom Meeting
https://us02web.zoom.us/j/84986875226?pwd=dDJDZFP1WE9tNUlvT1ZDNTI6aUlYQT09

Meeting ID: 849 8687 5226
Passcode: 646088

**Wednesday September 23, 2020 4.00 PM**

**Professor Judith Buchanan (Master, St Peter’s College), 'The British secondary education system in history and experience'**

Join Zoom Meeting
https://us02web.zoom.us/j/86216074750?pwd=c09zK0EyajlWbUNKZjNhVFV5U3J2QT09

Meeting ID: 862 1607 4750
Passcode: 144113
Friday September 25, 2020 4.00 PM

Helen Mountfield, QC (President, Mansfield College), 'Secret and not-so-secret green spaces in Oxford'

Join Zoom Meeting
https://us02web.zoom.us/j/81506832565?pwd=TEhHazBQK1htaUU1ZHEyb0pac0g2dz09

Meeting ID: 815 0683 2565
Passcode: 136424

Saturday 26 September 2020, 4pm

Miles Young (Warden, New College), 'Representations of Oxford in literature and the media'

Join Zoom Meeting
https://us02web.zoom.us/j/81890641949?pwd=MGZXMFfHa0Q4bWhYMDzuYzI0c282UT09

Meeting ID: 818 9064 1949
Passcode: 073954

Monday 28 September 2020, 4pm
Professor Judith Buchanan (St Peter's), 'Books of influence: Shakespeare's First Folio'

Join Zoom Meeting
https://us02web.zoom.us/j/89029967997?pwd=Q0hOamdsWjg1UnZvd0o4L1lzU1dodz09

Meeting ID: 890 2996 7997
Passcode: 116015

6. Wednesday 30 September 2020, 4pm

Helen Mountfield, QC (Mansfield), 'The Museums and Galleries of Oxford'

Join Zoom Meeting
https://us02web.zoom.us/j/83107414823?pwd=R0tTK0pxdUlLK2qwMFdvBzV0Rqdz09

Meeting ID: 831 0741 4823
Passcode: 415873

7. Thursday 1st October 2020, 4pm

Professor Henry Woudhuysen (Lincoln), 'The most depressing book ever written: Evelyn Waugh's A Handful of Dust'

Join Zoom Meeting
https://us02web.zoom.us/j/81744615873?pwd=NUtPZ056bTd2Nzc2WXV5OHFdm5idz09

Meeting ID: 817 4461 5873
Passcode: 386878
8. **Friday 2nd October 2020, 4pm**

Miles Young and Rev’d Erica Longfellow (New),
'The Choral Tradition in Oxford'

Join Zoom Meeting
https://us02web.zoom.us/j/83171544063?pwd=cERlOWtBOW10Uk9EQjQrV0RRmNYUT09

Meeting ID: 831 7154 4063
Passcode: 638620

Please feel free to join as many or as few of these as you like; I look forward to seeing you when it is my turn, and (if I can) at some of the others too.

Best wishes, Helen

Helen Mountfield QC
Principal
Mansfield College