Information for Keble students remaining in Oxford

This note sets out the College’s current thinking about how it can best support and protect those who remain in Oxford.

A key message from the UK Government is that if anyone is running a temperature or experiencing a persistent cough they should self-isolate for 7 days without calling the NHS on 111. This is because the viral infection has a 5-day life-cycle and the majority of people infected will experience mild symptoms from which they will recover. If an infected person is still feeling unwell after 7 days then they should call 111, because it may be that their body’s response to the viral infection is causing potentially very serious complications.

In terms of the situation at Keble, the College is fortunate in being able to house the majority of its students in ensuite accommodation. This means that those who need to self-isolate will be able to stay in their rooms without the need to use shared facilities, provided arrangements can be made to feed them. The College has limited resources and we want to ensure that these are directed to where they are most needed, so it would help everyone if the friends and flatmates of students who are self-isolating could rally round.

In the case of graduates living in self-catering studios, this would involve no more than doing some shopping and delivering it to the patient’s door. For those living in flats with a shared kitchen, the patient should obviously stop using the kitchen but, because they won’t have cooking facilities in their room, an arrangement where flatmates delivered meals to their door would be very kind and helpful. The College can provide disposable plates to avoid the risk of passing on infection.

The College, of course, stands ready to provide food to any self-isolating student who, for whatever reason, is unable to rely on friends and colleagues. But the more we can help each other (and we should remember that self-isolating is for the benefit not of the patient, but of those around them) the more successful our management of the crisis will be.

If any student who is sharing a bathroom needs to self-isolate the College would immediately act to relocate the other person sharing the bathroom.

So, if you decide you need to self-isolate, what should you do?

1. Stay in your room
2. Email covid19@keble.ox.ac.uk to inform the College of your action
3. Contact your friends and flatmates to let them know
4. Try and establish arrangements for getting food and other supplies to your room or, if you are unable to do so, email covid19@keble.ox.ac.uk
5. If you become seriously unwell, contact the NHS on 111 and email covid19@keble.ox.ac.uk

Self-isolating is for the benefit of others. But we are also advised, for our own benefit, to practice social distancing – that is, avoiding crowded places and trying to keep a distance of at least 2 metres from others. That, and regular handwashing, are the two most effective ways of protecting yourself.