We aim to send you your test result by email within 36 hours (hopefully before, but it can be longer in very busy periods); please contact us if you have not heard within 48 hours. Until then, you must self-isolate, if required, according to NHS guidance. If you have symptoms of COVID-19 (fever, new continuous cough, or loss of smell/taste) or symptoms associated with the new Delta variant (sore throat, headache, runny nose) with a mild fever, you must self-isolate until you have the results of your test. Your household must also self-isolate (unless they are exempt).

If you don’t have symptoms and are taking a test because you have been confirmed as a close contact, you must self-isolate whilst awaiting your result unless you are exempt (see p3 for details of exemptions). Only if the PCR result is positive does your household need to self-isolate (unless they are exempt). See www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/whentoself-isolate-and-whattodo/ for further details.

Most people who are tested will not have COVID-19, so their symptoms will be caused by another illness. Whatever your test result, do not delay in seeking NHS help if your symptoms worsen and cause you concern (by contacting your GP via 111 Online (https://111.nhs.uk), by calling 111 or, in an emergency, by calling 999). If you live in college, a college nurse may be available for advice and you can always obtain help via the Lodge.

If you are self-isolating, you must alert someone else so that they can check that you are OK at least twice a day and make sure you have the support you need (including food, drink, and medicine if necessary). If you are a student, your college will have been alerted and will want to help. Please notify your department if you were in a University building for teaching or study any time from two days before the start of your symptoms; or if you are scheduled to attend in-person teaching in the next 24 hours.

If you test negative

If your household was self-isolating, they can now stop. You can stop self-isolating unless any of the following circumstances apply:

1. You continue to have a high fever – in which case you must continue to self-isolate until you feel better (if you also have diarrhoea and/or vomiting, self-isolate for 48 hours after these symptoms have subsided);
2. You have been instructed to self-isolate by public health authorities because you are a known close contact of a proven case – in which case you must continue to do so until the end of the instructed period; or
3. You are self-isolating because of government quarantine requirements on arrival from overseas – in which case you must continue to do so until the end of the instructed period.

A negative test does not release you from the mandatory self-isolation requirements under 2 or 3, as you could still be incubating the virus: a negative test today does not mean you won’t develop symptoms in three days time.

4. If you are being tested through the University’s Testing for COVID-19: Early Alert Service but are already waiting for the results of an NHS test as well, you must continue to self-isolate until you know the results of both tests: if either one is positive you (and your household, unless they are exempt) must continue to self-isolate in line with NHS guidance.

Your department and/or college, as applicable, will be notified of the result, but please inform them if you still need to self-isolate.

If you test positive

You (and your household, unless they are exempt) will need to continue to self-isolate according to NHS advice. We will inform your college and/or department, as applicable, both to ensure that you have the support you need and to initiate a rapid response to minimise the risks to others.

Public health staff will also get in touch with you. They will want to know about your recent close contacts (i.e. who you might have infected, or been infected by). Please think hard about this and make a list of names in advance of getting the call. You are most likely to have infected someone if you have had face-to-face contact (e.g. a close conversation or a hug); or if you have been less than 2 metres away from them for more than 15 minutes (over the course of a single day), particularly in an enclosed space. Although public health authorities will never disclose your identity, we would strongly encourage you to self-disclose to your close contacts before they are notified by public health or NHS Test and Trace.

All information you give to these authorities is confidential; it will not be disclosed to the University or your college, beyond the minimum required to reach your contacts, and will not result in disciplinary sanctions.

Each college and department has a member of staff to advise and help anyone affected by COVID-19. They will have been copied in to your test booking confirmation e-mail and you can contact them using the relevant e-mail address. Please notify your department if you are due to attend in-person teaching during the mandatory 10-day self-isolation period.
Guidance for self-isolation and household isolation

- Positive LFD test result: Close contacts ‘stay alert’
- Fever, cough, anosmia: Take PCR test
- Positive PCR test result: Patient self-isolates for 10 full days after onset of symptoms, Household (unless exempt) self-isolates for 10 full days after onset of patient’s symptoms, Close recent contacts (unless exempt) self-isolate for 10 full days from last contact with patient (a contact’s household does not need to self-isolate unless the contact develops symptoms or receives a positive PCR test) All self-isolations end on Day 11
- Negative PCR test result: Patient and entire household (unless exempt) self-isolate
- Positive LFD test result: Patient self-isolates for 10 full days after onset of symptoms

* Neither a negative LFD test result nor a negative PCR test result releases you from self-isolation if (1) you have been instructed to self-isolate by public health staff because you are a known contact of, or a member of the same household as, a proven case; or (2) you are self-isolating due to government quarantine requirements on arrival from overseas. In either instance, you must continue to self-isolate until the end of the prescribed period – which is measured from the date of exposure to the known case, for (1); or date of departure for the UK, for (2). This applies even if you do not have (or have not had) symptoms. The relevant event = Day 0, and you can end self-isolation on Day 11.

- Positive LFD test result: Patient self-isolates until feels better (+ 48 hrs after any vomiting or diarrhoea stops)
- Patient continues self-isolation for required period
- Household member continues self-isolation for required period
- Release from self-isolation

- No fever, already isolating for another reason?
- Patient continues self-isolation for required period
- Household member continues self-isolation for required period
- Release from self-isolation

- Still have a fever?
- YES
- Household (unless exempt) self-isolates for 10 full days after onset of patient’s symptoms, close recent contacts (unless exempt) self-isolate for 10 full days from last contact with patient (a contact’s household does not need to self-isolate unless the contact develops symptoms or receives a positive PCR test) All self-isolations end on Day 11

- NO
- Patient continues self-isolation for required period
- Household member continues self-isolation for required period
- Release from self-isolation

- Already isolating for another reason? *
- NO
- Household members or close recent contacts seek PCR test
- YES
- Release from self-isolation

* Applies to each member individually
Guidance for self-isolation and household isolation

Please note
If you have been instructed to self-isolate due to recent close contact with a confirmed case of COVID-19 or you are living in the same household as a confirmed case of COVID-19, you will have to complete 10 full days of self-isolation even if the result of this test is negative.

Contacts who are exempt from the requirement to self-isolate
You are no longer required to self-isolate if you are notified you have had close contact with someone with COVID-19 (including if you are a household member of someone with COVID-19) and any of the following apply:

• you are fully vaccinated
• you are below the age of 18 years 6 months
• you have taken part in or are currently part of an approved COVID-19 vaccine trial
• you are not able to get vaccinated for medical reasons.

‘Fully vaccinated’ means that you have been vaccinated with a UK MHRA-approved COVID-19 vaccine, and at least 14 days have passed since you received your final dose (i.e. your second dose of a two-dose vaccine).

If you are subject to a 10-day period of self-isolation, the date it starts or takes effect from varies depending on your circumstances:

If any member of your household has COVID-19 From the date the first member of the household developed symptoms

If you have been in recent close contact with someone who has tested positive for COVID-19 From the date of your last contact with that person

If you are quarantining on arrival in the UK from a country not on the travel corridor list From the date of your departure from that country

In each case, the ‘trigger’ date = Day 0 and you can return to your normal way of life on Day 11 – providing you are symptom-free and have not tested positive for COVID-19. This applies even if you were a recent close contact of a positive case and did not begin self-isolating until partway through the 10 days (following notification that your contact had subsequently developed symptoms or tested positive).
CLOSE CONTACTS

What does ‘recent close contact’ actually mean?

If you have been close to someone who tests positive for COVID-19, during the time they were infectious, there is an increased risk you may have been exposed to the virus. Due to the length of the incubation period, contacts who meet both of the criteria below may be asked to self-isolate for 10 full days (counted from the day after last contact with the positive case) to reduce the risk of inadvertently passing on the virus whilst asymptomatic.

‘Recent’

People are considered infectious from the 2 days before COVID-19 symptoms develop and for 10 days after symptoms develop (measured in calendar days).

* You are no longer required to self-isolate as a close contact if any of the following apply:
  - you are fully vaccinated
  - you have taken part in or are currently part of an approved COVID-19 vaccine trial
  - you are below the age of 18 years 6 months
  - you are not able to get vaccinated for medical reasons

‘Fully vaccinated’ means that you have been vaccinated with an MHRA-approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received your final dose (i.e. your second dose of a two-dose vaccine).

‘Close’ contact

Whether a contact is ‘close’ for contact tracing and self-isolation purpose depends on the type of interaction, the distance between the two individuals, and the duration: the nearer you are to someone who is infectious and the longer you spend in close proximity to them, the higher your level of risk. That is why social distancing is such an important measure for reducing transmission.

Contact indoors (especially in poorly ventilated spaces) presents a greater risk than outdoor contact. And whilst face coverings help to reduce transmission risks, wearing one has no impact on whether a contact is ‘close’. The only exception to standard distance and time thresholds is where interaction occurs through a Perspex screen: when that does apply, remember to pause the contact tracing function in the NHS COVID-19 app temporarily.

Not close contact

> 2m distance

Walking past someone, e.g. in a corridor, providing you don’t stop for a conversation*

* that would turn this into a face to-face contact

Travelling in a small vehicle
(usually 5 seats or less): any duration

For larger vehicles or other forms of transport, apply the distance rules (1m and 2m) and time thresholds above.