

**University of Essex**  
**COVID -19 Guidance for Self-Isolation**  
**of double vaccinated persons working or studying on our campuses**

As part of step 4 of the Government's COVID 19 roadmap, double vaccinated people (or people who are fully vaccinated) will no longer be legally required to self-isolate if they are identified as a close contact of a positive COVID-19 case. This will include those who have a positive case within their household. The University has identified some risks to our community if Step 4 advice for vaccinated people is followed without further mitigations.

Although people who are fully vaccinated have less risk of passing the virus on and reduced risk of hospitalisation and death, they can still transmit the virus, including to people who are non or partially vaccinated. [BBC article on vaccinated people and transmission.](#)

The University is highly concerned about potential increase of transmission across our campuses and infections rising throughout vaccinated, part vaccinated and unvaccinated staff and students.

There is also concern that if COVID 19 is allowed to spread without restriction amongst vaccinated and non-vaccinated people, a vaccine resistant strand of the virus may develop. This would put many more members of the community at risk.

Throughout the pandemic the University has endeavoured to keep our community safe by ensuring that all the Covid transmission risks are identified and mitigated against where possible. This has resulted in low numbers of COVID 19 transmission through work related or study activity.

Whilst the Delta variant remains highly transmissible through both the vaccinated and unvaccinated population, the University will operate with additional layers of protection to help to manage COVID transmission. These will include self-isolation where deemed appropriate.

These measures will be in addition to continuing the current COVID 19 safety mitigations, such as Hands, Face, Space advice and enhanced cleaning, which will continue to reduce the risk of COVID 19 transmission across our campuses.

The additional layers of protection the University is putting in place for COVID-19 close contact double vaccinated people are divided into categories **Cat 1, Cat 2, Cat 3, and are outlined below:**

**Self-Isolation Guidance for double vaccinated staff and students**  
**[\(Step 4 GOV from 16 August 2021\)](#)**

<b>Cat 1- High Risk of COVID Infection and transmission</b>	<b>Action:</b> Self-isolate from UoE campus if you live with someone who is COVID +
If someone in your household has tested positive for COVID 19, you are at a higher risk of also developing COVID-19, regardless of your vaccination status. As a result, the University will ask you to remain off campus for the standard 10-day isolation period (counted from the last day you had contact with the COVID 19 positive person.).	

If you live on campus, you will be asked to remain in your accommodation and refrain from using campus facilities. Student Wellbeing services will support you during this isolation period.

If you are able to work or study from home or in accommodation you should continue to do so.

If you are unable to carry out your work or study from home and do not live on campus, you will be asked to remain off campus until the 10-day period is concluded.

**Cat 2- Medium Risk of COVID Infection and transmission**

Action: Self-isolate if you have been in close contact with someone you know who has been confirmed COVID 19 positive, report to the COVID 19 inbox and a clinician will assess whether you are able to come on to campus.

If you have been in close contact with someone you know who has been confirmed COVID 19 positive who is not a member of your household, you are at medium risk of catching COVID 19. Please email the COVID 19 inbox and a clinician will assess whether you are able to come on to campus. This assessment will consider the length of time you were with the positive person, the environment you met in, your own and others vulnerability and the type of work/study activity you undertake on campus. If you are deemed as at lower risk from catching COVID 19 from the positive person, and hence at a low risk of transmitting it to others in our community, you will be able to return to campus work/student activity.

**Cat 3- Lower Risk of COVID Infection and transmission**

Action: If you have been notified that you have had contact with a positive COVID 19 case unknown to you, follow Gov Guidance Step 4 double vaccinated persons.

Should you have been notified as a close contact by either Track and Trace, the NHS COVID app or by an organisation (such as a restaurant or leisure place), but are unaware of who the positive contact is, you can follow the [Gov Guidance Step 4](#) and come onto campus to undertake work or study activity. We ask you to please be mindful that you may develop COVID 19 and should minimise contact with others maintaining social distancing until the 10-day period has passed. You will also be asked to continue with Covid Self Testing.

**It is imperative for our community's safety that all double vaccinated persons who fall into the above Red, Amber or Green categories follow the above UoE Guidance and GOV Guidance Step 4. This will be invaluable in helping us keep our Campuses open and safe for all. For further advice or to discuss any concerns email [COVID 19 inbox](#).**

For double vaccinated staff and students that have been in contact with a COVID positive person you may be required to show evidence of your vaccine status. This can be obtain on line and access via the [NHS COVID pass](#). This can be downloaded or shown on your phone using the [NHS app](#).

**Summary:** If you are double vaccinated and have been informed that you have had recent contact with a positive COVID 19 case, please adhere to the following:

- If in Cat 1, please remain off campus, or refrain from using campus facilities if you live in accommodation.
- If in Cat 2, please follow the advice of the COVID clinician you were assessed by.
- If in Cat 3, please follow the Gov guidance step 4 for double vaccinated persons

**For all categories, please:**

- Test daily
- Keep your distance
- Wear a face covering
- Regularly wash and sanitise your hands
- Limit social interactions with others close to you that are clinically vulnerable and those who you live with
- Watch out for COVID symptoms for 10-14 days