What are the COVID-19 symptoms?

If you have ANY of these symptoms you need to self-isolate and contact your GP to determine if you require a COVID test:

- Fever (Temperature greater than 38° Celsius).
- Cough - this can be any kind of cough, not just dry.
- Shortness of breath or breathing difficulties.
- Loss or change to your sense of smell or taste.

Note you should avoid work if you feel any way unwell, particularly if you have any of these symptoms – headache of unknown cause, congestion, sinus headache, constant throat clearing, skin sensitivity, a general feeling of tiredness.

What do I do if I have symptoms for COVID-19?

If you have ANY of the COVID-19 symptoms you need to self-isolate and arrange a COVID test and inform your employer and your programme coordinator / placement supervisor.

Contact your GP or GP out of hours service to arrange a test and your test and GP assessment will be free of charge.

The people in your house will have to restrict their movements restrict their movements This means that they cannot go to work or college. **It is vital that you inform your housemates of this as soon as possible.**

Find GP contact details

Find GP out-of-hours contact details

While you wait for your test, you should treat your symptoms at home, see advice here: Treat COVID-19 symptoms at home - HSE.ie

What do I do if I test positive for COVID-19 whilst on placement?

You must immediately self-isolate, because there is a high risk you could spread the virus to other people. Stay in a room, on your own, with a window open for ventilation. **Completely avoid contact with other people.** Read more here on how to self-isolate: How to self-isolate

People you live with will have to restrict their movements. See here on how to restrict your movements: Restricted movements (stay at home) - HSE.ie

See HSE advice for what actions you need to take if you are diagnosed with COVID-19: HSE advice on what to do if you get a positive COVID-19 result

Inform your employer if you are unable to work. You should also inform your programme coordinator or placement officer and the GMIT Covid Officer: covidofficer@gmit.ie

See advice on how to treat COVID-19 symptoms at home: Treat COVID-19 symptoms at home - HSE.ie

Take your temperature daily as you will have to know that you are fever-free as one of the criteria for being allowed to return to placement. If you do not have a thermometer, or need any other assistance during your period of self-isolation, contact covidofficer@gmit.ie

If you start to feel very unwell, phone your GP or GP out-of-hours service. You should particularly call them if your breathing changes or becomes more difficult, or your cough gets worse.

If you are very short of breath and your GP is not available, call the emergency services on 112 or 999.

Click here to find a GP: Find GP Services in your area (hse.ie)   and click here to find a GP out of hours: GP Out Of Hours (hse.ie)

What do I do if I live with someone who has symptoms?

Do not attend your placement, you must restrict your movements even if you feel well. Inform your placement organisation and your programme coordinator/placement supervisor.

If the person you live with has a test which is returned negative, you no longer must restrict your movements.

If their test result returns positive you are deemed a close contact and must restrict your movements for 14 days from the last date of contact with that person and you must inform your placement organisation and programme

coordinator or placement officer and the GMIT Covid officer:
covidofficer@gmit.ie

What do I do if I am identified as a close contact of a Covid-positive person–

Do not attend your placement, you must restrict your movements for 14 days from the last day of contact with that person, even if your test results come back negative (this is because it can take 14 days for symptoms to develop after contact with a confirmed case).

Inform your placement organisation and programme coordinator or placement officer and the GMIT Covid officer: covidofficer@gmit.ie

What do I do if I had symptoms for COVID-19, but my test came back negative?

Assuming you are not identified as a close contact of a confirmed case, you should communicate with your placement organisation with regard to a return to work. Normally, when your COVID-19 test is negative, you can return to your work when you are symptom free for 48 hours or your GP certifies that you are medically fit to return to placement, however, you should liaise with your placement organisation about a return to work.

I was diagnosed with COVID-19, when can I return to my placement?

You should communicate with your placement organisation. Normally you can return to work when these 3 criteria apply to you – (1) You do not live with anyone who is unwell and may have COVID-19; (2) You have had no fever for 5 consecutive days – i.e. your temperature has been below 38°C for 5 consecutive days (as long as your temperature has not been lowered by taking any form of paracetamol or ibuprofen); (3) It has been 10 days since you first developed symptoms (or 14 days since you first developed symptoms if you have had to attend hospital for treatment for COVID-19). However, you must liaise with your placement organisation with regard to a return to work.

How do I restrict my movements or self-isolate?

See guidelines here: Guidance on restricting movements and self-isolation

I am on placement; how do the current Level 5 restrictions affect my placement?

Note that all work should be remote, unless your placement is providing an essential service – click here for a list of such essential services: [Essential Services at Level 5](#)

You should communicate with your host organisation to determine what procedures they have in place to reduce the risk of virus spread on site. You should review the practices and procedures that your host organisation has implemented with regard to COVID-19 and complete a risk assessment based on your own personal circumstances.

Your organisation should be providing the following:

- Regular sensitization of the facility, with particular emphasis on high contact surfaces such as door handles, light switches etc
- Provision of a suitable number of hand sanitization stations
- A log to record who is present for contact tracing purposes.
- Mask wearing must be compulsory on site, especially indoors.
- The organisation should have some Lead Worker Representatives whose role is to assist management with regard to compliance with the various actions required to reduce spread of virus.
- Group congregations should not happen, and common areas should be designed to reduce virus spread, e.g., Perspex barriers are typically used in canteens. Break times should be staggered.
- Signage should remind people regarding physical distancing and hand sanitization.

If you have any concerns about the safety of your workplace with regard to COVID-19 you should communicate with your employer and with your programme coordinator / placement supervisor.

Note that you should ask your employer about any remote working options and communicate with your programme coordinator / placement supervisor if you are moving to remote working.

Important contact details:

Student Health providers:

Dublin Road Campus & CCAM Campus 091 742228;

Mayo Campus (Dr. Stephen Patten) 094 9021999;

Letterfrack Campus (Dr. Alexander Michel) 095 43465.

If you do not have a GP, search by county/ town here or call the GP out of hours service. Covid officer is at: covidofficer@gmit.ie or phone 091 742708 / 0852092713.

How do I stop the spread of virus?

Maintain a **2-metre distance** from others at all times;

Wear a **Mask** at all times;

Sanitise your hands frequently and **sanitise your lab/desk space before and after** use;

Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze;

Keep your social contacts to a very, very small group.

Note that you cannot visit other households and you cannot have visitors to your house or garden.