

Introduction:

COVID-19 is a serious and potentially lethal disease.

While older people and those with underlying health conditions are more at risk from this disease, there is increasing evidence that some young and otherwise healthy people are suffering from serious long-term health effects following exposure to COVID-19.

It is possible to avoid catching COVID-19. Note that there have been cases recently in some local workplaces where staff received positive COVID results and these staff had been working at the time of diagnosis. However, none of their co-workers developed COVID, as all staff had been complying with physical distancing, sanitization of hands & workspaces and mask wearing, proving that these simple techniques do work to prevent virus spread.

Everyone must do as much as possible in order to prevent contracting or spreading the disease on campus.

It is important to read and understand the actions listed below, and to follow the instructions given.

GMIT students and staff must work hard and cooperate together in order to prevent the spread of COVID-19 on campus. Please contact the Covid officer (covidofficer@gmit.ie) or your lecturer / Head of Department if you have any questions on any aspect of our response to the COVID-19 pandemic.

Key actions required:

DO NOT ATTEND CAMPUS IF YOU ARE FEELING UNWELL OR HAVE ANY OF THE COVID SYMPTOMS

- COUGH (ANY KIND OF COUGH, NOT JUST DRY)
- FEVER (A TEMPERATURE OF 38°C OR MORE)
- SHORTNESS OF BREATH OR BREATHING DIFFICULTIES
- LOSS OR CHANGE TO SENSE OF SMELL OR TASTE

If you develop any of the above symptoms, do not ignore them, and act immediately:

- If you are at home, stay at home, [self isolate](#) and contact your GP or Student Health Unit by phone
- If you are off campus, return home by the safety means possible (avoid public transport if possible), [self isolate](#) and contact your GP or Student Health Unit by phone.
- If you are on campus, inform your lecturer / Head of Department immediately, and preferably by phone or email. You can also contact the Covid officer (covidofficer@gmit.ie or phone 091 742708 / 0852092713). You will be given instructions on what to do.

Note: If you have travelled into Ireland recently, you must restrict your movements for 14 days before attending campus. See: [Restriction of movements following travel into Ireland](#)

Remember the key actions required daily on campus:

M ask wearing	– everyone must wear a face covering
A ttendance log	- everyone must complete the Daily Health Check and Attendance Form - students must keep a contact diary and record in your contact diary for each class activity the room number, position number in the room and date (see below for details)
P hysical distancing	– keep 2 m distance from others. Stick to your POD and Class Group when moving around campus
S anitize	– sanitize your <u>hands</u> frequently – sanitize <u>work area</u> before and after use

IMMEDIATE ACTION REQUIRED:	COMMENT:
All students MUST register before attending campus.	Complete the Student Health Declaration Form (Campus Access) during the registration process.
Watch the COVID-19 Student Safety Induction Video. This is at: Click: Student Covid Induction Feb 2021	Every student <u>must</u> watch this video at the start of term.
Read the GMIT Code of Conduct protocol with regard to actions and responsibilities of students during the COVID-19 pandemic.	The document can be found here: GMIT Public Health Measures for Duration of Covid19 Pandemic
DAILY ACTIONS REQUIRED:	COMMENT:
Masks / Face coverings are mandatory at all times in GMIT If safety glasses are required for your lab sessions, students should purchase anti-fog safety glasses .	Face coverings should be made as per WHO guidelines and consist of three layers. If safety glasses are required for your lab sessions, students should purchase anti-fog safety glasses .
Daily Health Check & Attendance Form: Prior to arriving in GMIT each day, all students are required to complete a daily health check form. This form is available here: Daily Health Check and Attendance Form This form can also be found on gmit.ie/covid and for ease of use please link this form to the home page of your phone, see instructions on how to do this on Staff FAQs on gmit.ie/covid	Only attend GMIT if feeling well. It is important that this form is completed for every day of attendance at GMIT.
Physical distancing: Plan your time on campus so that you minimise direct contact with others. Keep 2 metres apart from others. Do not congregate in groups of more than six.	<ul style="list-style-type: none"> • Follow designated walking routes and all signage especially floor signs - in GMIT this means 'keep right and keep moving'. • Stay in your pod and class group when attending common areas such as canteen etc • Avoid large group gatherings outside of GMIT
Sanitize your hands frequently and students must sanitize their work area before and after use. Sanitize: chair, bench/table, and other relevant areas BEFORE and AFTER the practical session.	Sanitizing wipes will be provided at all work areas.

DAILY ACTIONS REQUIRED:	COMMENT:
<p>CONTACT DIARIES: Position in laboratory/class: You must keep a contact diary and you must record your position in each laboratory/class you attend (workstations will be labelled). Record (in your contact diary) the room number, position number and date. This information will be critical if subsequent contact tracing is required.</p> <p>PODS - The students immediately around you at a practical session form your 'pod' of student contacts, and in so far as practical you should stay with the same pod as you move to different practical sessions/different rooms.</p> <p>For any 'close contacts' established outside of timetabled sessions during the day in GMIT, then, before you leave, you must complete the online Daily Personal Contact Log</p> <p>This form can also be found on gmit.ie/covid and for ease of use please link this form to the home page of your phone, see instructions on how to do this on Staff FAQs on gmit.ie/covid</p>	<p>It is vital that you record your location number and date for every practical class/teaching session in GMIT.</p> <p>Also keep a record of any social contact and activities in your contact diary.</p> <p>Contact diaries and similar records maintained by staff may need to be made available to the HSE for contact tracing purposes.</p> <p>Stick to your POD or class group when visiting common areas e.g. canteen.</p> <p>A close contact is someone: You have spent more than 15 minutes of close contact with, within 2 metres (indoor or outdoor) whether wearing a face covering or not; OR Someone you have spent more than 2 hours with, in an indoor setting, whether wearing a face covering or not.</p> <p>There is no need to complete the online personal contact log for timetabled classes.</p>
<p>Travel to Campus: Students should ideally travel to campus alone. It is recommended to avoid public transport if possible, by walking, cycling, or driving by oneself.</p>	<p>If it is necessary to share a lift or to use public transport, then face coverings must be worn.</p>
<p>All students are strongly encouraged to download and use the HSE COVID-19 Tracker App</p>	<p>Use of this HSE App will facilitate the generation of a list of close contacts should this be required.</p>
<p>Accommodation: Follow the guidelines in the Code of Conduct and follow HSE guidelines regarding group gatherings.</p>	<p>Student accommodation represents a high-risk area for the spread of virus. Avoid large group gatherings outside of campus.</p>

DAILY ACTIONS REQUIRED:	COMMENT:
<p>If anyone develops symptoms when attending GMIT they should self-isolate immediately and inform their lecturer /head of department, ideally by phone or email. Covid officer can also be contacted: covidofficer@gmit.ie or phone 091 742708 / 0852092713.</p> <p>If you need to stay in GMIT for a period before you can travel home, there are a number of isolation rooms established for this purpose. See protocol '<i>Guidance for the actions required if students /staff / visitors become unwell with possible COVID-19 symptoms while on campus</i>'. This is at gmit.ie/covid.</p>	<p>Isolation room locations: Dublin Rd campus: Room 153 (ground floor, old building) and Room 1034 (first floor, new building) CCAM: Room 128 (ground floor) Mayo: Room B004 (ground floor) Letterfrack: Meeting Room 1 (ground floor) and Student services room (1st floor)</p> <p>Note: GP review and COVID-19 testing via the HSE is free of charge at point of care.</p> <p>Contact details for the Student Health providers: Dublin Road Campus and CCAM Campus 091 742228 Mayo Campus (Dr. Stephen Patten) 094 9021999 Letterfrack Campus (Dr. Alexander Michel) 095 43465</p>
<p>Notify GMIT immediately if you become ill with COVID or you are a close contact of someone with COVID.</p> <p>You must notify GMIT immediately by contacting your manager and the Covid Officer (covidofficer@gmit.ie or phone 091 742708 / 0852092713) if:</p> <ul style="list-style-type: none"> • You receive a positive test outcome for COVID-19 OR • You have been identified as a close contact of a confirmed case of COVID-19 OR • You live with someone who has symptoms of COVID-19 (even if you yourself feel well) and must restrict your movements for 14 days. 	<p>After the Covid Officer has been notified that a student has tested positive for COVID-19, contact tracing will be conducted to determine if there was exposure to other members of our community so that GMIT can assist Public Health to take appropriate next steps to mitigate further spread of the virus. Consistent with GDPR governing patient confidentiality, the Institute will not share any patient's contact details or private medical information.</p>
<p>Practice good hand hygiene</p> <p>Wash or sanitize hands before leaving home and on arrival on campus. Use hand-sanitising stations at campus entrances.</p>	<p>Ensure a 20 second minimum contact time with soap/sanitizer. Avoid touching your eyes, mouth, or nose with unclean hands. Do not share objects with others.</p>
<p>Practice good respiratory etiquette</p> <p>Cover nose/mouth with a tissue when coughing/sneezing.</p>	<p>Carry out hand hygiene after coughing or sneezing.</p>
<p>Use the online booking system for access to library and PCs in library.</p>	<p>Book here: https://library.gmit.ie</p>