

## COVID-19 Frequently Asked Questions

**Do not attend campus if you feel unwell.** If you wish to access the Student Health Unit – there is no walk-in service, you must phone them first – phone 091 742228. If you do not get through, leave a voicemail.

**If you have Covid symptoms** – do not attend campus, but **self-isolate**, and arrange a Covid test.

Do not attend the student health unit – phone Student Health Unit or GP for advice (phone numbers below) and inform the Covid Officer – [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie)

**If you live with someone who has symptoms** – do not attend campus, you must **restrict your movements** even if you feel well.

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 [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie)

**If you are identified as a close contact of a Covid-positive person**– do not attend campus, 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). The HSE may arrange a test for you or you can contact Student Health Unit 091 742228 to arrange for a Covid test and inform [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie). GMIT can cover the cost of transport to the test centre, contact [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie)

**If you had symptoms for COVID-19, but your test came back negative.** Assuming you are not identified as a close contact of a confirmed case, you can return to campus when you are symptom free for 48 hours or your GP certifies that you are medically fit to return to campus. Note - students in the Galway International Hotel School may have other requirements before they return to campus – liaise with your Head of Department.

**If you are diagnosed with COVID-19** – you must **self-isolate** for at least 10 days. Inform [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie) as GMIT has to review each case. Also, you must liaise with the Covid Officer in GMIT to get permission to return to campus. Ensure that you look after yourself and follow medical advice on **treating symptoms**. 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 campus. If you do not have a thermometer, or need any other assistance during your period of self-isolation, contact [covidofficer@gmit.ie](mailto:covidofficer@gmit.ie)

**What are the COVID-19 symptoms?** If you have ANY of these symptoms you need to **self-isolate** and arrange 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

**I was diagnosed with COVID-19, when can I return to campus?** You can return to campus 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). You must email the Covid Officer ([covidofficer@gmit.ie](mailto:covidofficer@gmit.ie)) to verify that the above criteria attach to you and you will then be authorized to return to campus.

**How do I restrict my movements or self-isolate?** See guidelines here: [Guidance on restricting movements and self-isolation](#)

**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](mailto: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; **Sanitize your hands** frequently and **sanitize 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.**