



**UNIVERSITY OF  
LIMERICK**  
IRELAND



## **SUPPORT FOR INTERNATIONAL STUDENTS**

who become symptomatic or test positive  
for COVID-19 during the 14-day Restricted  
Movement period on arrival in Ireland

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**SEPTEMBER 2020**

**#StudyAtUL**

# WHAT DO I DO IF I HAVE SYMPTOMS, OR IF I HAVE TESTED POSITIVE FOR COVID-19?

1 If you become symptomatic or test positive for COVID-19 during your 14-day period of restricted movement, you will be obligated **to self-isolate** in your accommodation until you test negative for COVID-19:

- **On-campus students:** You must telephone/contact the Village Management immediately:

Village	Phone	Email
Plassey Village	00353 61 202347	plasseyvillage@ul.ie
Kilmurry Village	00353 61 202081	kilmurryvillage@ul.ie
Dromroe Village	00353 61 202977	<b>dromroe.village@ul.ie</b>
Thomond Village	00353 61 237000	thomondvillage@ul.ie
Cappavilla Village / Quigley Residence	00353 61 237500	cappavillavillage@ul.ie
Troy / Groody Residence	00353 61 330199	troy.village@ul.ie

- **Off-campus students:** If your living arrangements do not allow for self-isolation, suitable accommodation will be arranged by UL for you to self-isolate in, in line with public health advice, so that all appropriate procedures as laid down by the public health authorities are followed.

2 Record on the Post-Arrival Daily Health Declaration form that you are displaying symptoms. You will then be personally contacted by a representative of UL to check on your welfare and to advise you of the need to self-isolate, in line with HSE advice. Where appropriate, UL's on-campus healthcare professionals will provide support to you also. UL will remain in close contact by phone with you on a daily basis throughout this period.

3 **During office hours (9am to 5.30pm Monday to Friday):**

Contact the UL Medical Centre on 061 202 534.

**Outside of office hours:** Contact Limerick Doc on 087 755 1570

(Opening hours: Weekdays after 17:00, weekends and bank holidays open 24 hours).

- **Important:** Please report the incident to the UL Medical Centre as soon as office hours become available again.

4 Please be aware that the University of Limerick provides a counselling service which all students can avail of:

- Email [counselling@ul.ie](mailto:counselling@ul.ie) to arrange a meeting
- Sessions are delivered online

5 **If you test positive for COVID-19**, you must email [COVID19Report@ul.ie](mailto:COVID19Report@ul.ie) and report your positive diagnosis, the date it was confirmed, and the last time you were on campus.

## WHAT HAPPENS IF I NEED TO BE HOSPITALIZED DUE TO COVID-19?

- 1 The Department of Health has confirmed that all acute healthcare needs of international students will be provided free of charge to the student.
- 2 A member of staff at the University of Limerick will act as the liaison between medical staff and your parents/sponsor where appropriate, and will continue to keep in touch with both you and your parent/sponsor each day for the duration of the hospital stay.

## WHAT DOES SELF-ISOLATION MEAN?

Self-isolation means staying indoors and completely avoiding contact with other people. This includes other people in your household, as much as possible. You will need to self-isolate:

- If you have COVID-19 symptoms
- While you wait for a test appointment and test results, if you have symptoms of COVID-19. If you are being tested as a close contact of a confirmed case of coronavirus and don't have any symptoms, you should continue to restrict your movements instead.
- If you have tested positive for COVID-19



## FOOD, MEDICINE & LAUNDRY DELIVERY SERVICES AVAILABLE FOR UL INTERNATIONAL STUDENTS WHO ARE SELF-ISOLATING:

Pharmacies				
Name	Website	Location	Service provided & how it works	Contact details to get in touch
<b>Lloyds Pharmacy</b>	lloyds pharmacy.ie	Six Limerick City locations –  53 William Street, Charlottes Quay,  Thomond Gate, Castletroy Shopping Centre,  Parkway Shopping Centre, Roxboro Shopping Centre	<b>For prescription delivery:</b> <ul style="list-style-type: none"> <li>- They usually need to know before 12pm to provide delivery for that day, otherwise it will be the following day</li> <li>- If urgent then they would do their best to facilitate flexibility</li> <li>- Free delivery when you spend over €40, otherwise it's €4.99 for delivery</li> <li>- The prescription must be from an Irish doctor</li> </ul>	Williams Street branch: +353 61 415734
<b>Pharmacy Store</b>	pharmacy store.ie	Two locations in Limerick –  Roxboro and Newcastlewest	<b>For prescription delivery:</b> <ul style="list-style-type: none"> <li>- Fill in contact form online</li> <li>- They will make contact to arrange electronic transfer of GP prescription</li> <li>- They will then arrange payment, process, package and then ship prescription</li> <li>- Place order before 12 noon and delivery is the following day</li> <li>- Free delivery for purchases over €40. €6.50 per delivery if under €40</li> <li>- More info: www.pharmacystore.ie/prescription-delivery/</li> </ul>	Email: info@pharmacy store.ie  or  Phone: 1890 200044
<b>McCabes Pharmacy</b>	mccabes pharmacy.com/delivery	The Crescent Shopping Centre, Limerick	<b>For prescription delivery:</b> <ul style="list-style-type: none"> <li>- Phone McCabes on +353 61304351 once prescription is issued by GP</li> <li>- Orders received before 2pm are dispatched the same working day</li> <li>- Orders received at weekends are dispatched on the next working day (Monday)</li> <li>- Free delivery for purchases over €38. €4.75 per delivery if under €40</li> </ul>	+353 61 304351

## FOOD, MEDICINE & LAUNDRY DELIVERY SERVICES AVAILABLE FOR UL INTERNATIONAL STUDENTS WHO ARE SELF-ISOLATING CONT.

Grocery shopping and delivery				
Name	Website	Location	Service provided & how it works	Contact details to get in touch
<b>SuperValu</b>	shop.supervalu.ie/shopping/online-shoppingmade-easy	Corbally and Castletroy	<b>Contactless delivery and Click &amp; Collect options:</b> <ul style="list-style-type: none"> <li>- Create an account online, log in and check the available slots at the nearest store.</li> <li>- Select the date and time required for delivery</li> <li>- Advisable to place the order the week prior as depends on demand/availability</li> <li>- Orders can be amended up until 6pm the evening before the grocery order is delivered</li> </ul>	Corbally: +353 61 350 200  Castletroy: +353 61 501140  Or there is an instant 'Chat with us' service on the website
<b>Tesco</b>	tesco.ie/groceries	Arthurs Quay Shopping Centre, Limerick City	<b>Contactless delivery and Click &amp; Collect options:</b> <ul style="list-style-type: none"> <li>- Register and sign up for the service</li> <li>- Choose a slot, buy groceries</li> <li>- They are delivered or can pick them up from the store</li> <li>- Advisable to place the order the week prior as depends on demand/availability</li> </ul>	

Laundry collection and delivery				
Name	Website	Location	Service provided & how it works	Contact details to get in touch
<b>Spotless Dry Cleaning</b>	app.sproose.io/pre-auth/storefront/CLNT-7398	All around Limerick	<ul style="list-style-type: none"> <li>- Several service available including dry cleaning, ironing, laundry, shoe repair, etc.</li> <li>- Designated collection &amp; delivery times</li> <li>- Minimum charge of €15 for collection and delivery for up to 5kg of laundry</li> </ul>	See website

## FOOD, MEDICINE & LAUNDRY DELIVERY SERVICES AVAILABLE FOR UL INTERNATIONAL STUDENTS WHO ARE SELF-ISOLATING CONT.


Ready-made meals/Take away service and deliveries				
Name	Website	Location	Service provided & how it works	Contact details to get in touch
<b>Country Munch</b>	countrymunch.com/	All around Limerick	<ul style="list-style-type: none"> <li>- Produces wholesome, homemade meals</li> <li>- Also stock in An Siopa (MISU Shop in TARA Building at MIC)</li> <li>- Some deals: Can order 3 meals for €20, 5 meals for €30 or even one week of meals (5 breakfasts, lunches and dinners) for €75</li> <li>- Go to website, select what you like and when prompted, fill in address details</li> <li>- Enter payment details. €3 delivery</li> </ul>	<p>Eoin Sheehan</p> <p>eoin@countrymunch.com</p> <p>M: 0852770803</p> <p>W: www.countrymunch.com</p> <p>F: www.facebook.com/countrymunchltd</p> <p>I: www.instagram.com/countrymunch</p>
<b>The Good Food Outlet – Heat then Eat!</b>	ubereats.com/ie/limerick/fooddelivery/food%3A-good-foodoutlet-heat-theneat!/8bxftpsSS4ajmDqoqIXs5w	Ballysimon Road, Limerick	<ul style="list-style-type: none"> <li>- Healthy, ready-made dinners that you heat in the microwave. You have to order a few at a time, they don't just deliver one dinner but you can refrigerate them and use them over a week.</li> </ul>	<p>+353 86 354 0301</p> <p>Open Monday to Saturday 10am to 6pm</p>
<b>UberEats</b>	ubereats.com/ie/category/limerick/grocery	All around Limerick	<ul style="list-style-type: none"> <li>- Lots of different take away categories to choose to get delivered</li> <li>- Sign up and choose what you want</li> <li>- Make payment online and food is delivered to your door</li> </ul>	See website
<b>Just-Eat</b>	justeat.ie/	All around Limerick	<ul style="list-style-type: none"> <li>- Lots of different take away categories to choose to get delivered</li> <li>- Sign up and choose what you want</li> <li>- Make payment online and food is delivered to your door</li> </ul>	See website



If you have any questions,  
please don't hesitate to contact us.

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