

COVID-19 Student Awareness Training



IMPORTANT

- Coronavirus (COVID-19) can make anyone seriously ill. But for some people, the risk is higher.

At Risk Categories

- There are 2 levels of higher risk groups of people, click the links below to view:
 - [Very high risk](#) (also called extremely vulnerable)
 - [high risk](#)

Please advise your Course Director if you fall into any of the At Risk Categories

What is Coronavirus?

Coronavirus is a contagious respiratory viral strain that can be passed from one person to another.

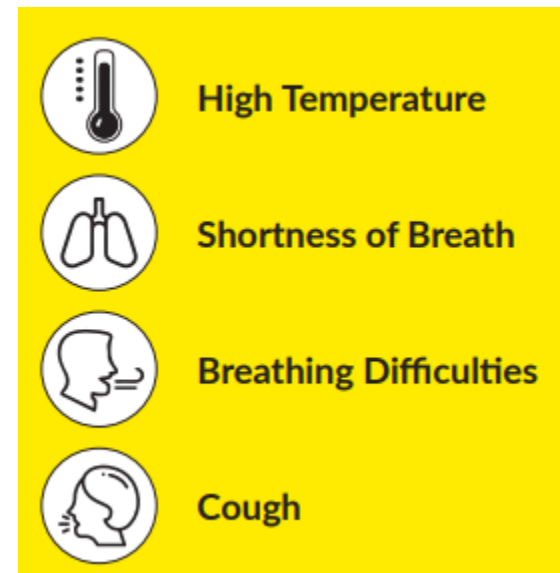
Symptoms of Coronavirus

It can take up to 14 days for symptoms of coronavirus (COVID-19) to appear. They can be similar to the symptoms of cold and flu.

Common symptoms of coronavirus include:

- a fever (high temperature-38 degrees Celsius or above)
- a 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.

[CLICK HERE TO SEE HSE- Coronavirus Symptoms](#)



How is the Coronavirus Spread?

- Coronavirus (COVID-19) is spread in sneeze or cough droplets.
- You could get the virus if you:
 - come into close contact* with someone who has the virus and is coughing or sneezing,
 - touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face (eyes, nose or mouth)

* Spending more than 15 minutes of face to face contact within 2 meters of someone infected with coronavirus- *Health Service Executive.*

[CLICK HERE TO SEE THE HSE- How the Virus is spread](#)

COVID Tracker App

- COVID Tracker is a free app for your mobile phone. It will help us to protect each other and slow the spread of coronavirus (COVID-19) in Ireland.
- Using the COVID Tracker app along with the existing public health measures will help us all stay safe.
- International Students are required to use the COVID Tracker app to log their symptoms for 14 days prior to arrival to Ireland.
- Click [HERE](#) to find out how to access the COVID Tracker.



Do Not Come on Campus if:

- You are currently experiencing any COVID-19 symptoms or have done so in the past 14 days.

[CLICK HERE to use the Coronavirus Self checker](#)



(To use the Self Checker- click on the black and white Coronavirus symbol on the right hand side on the landing page)

- You have been diagnosed with COVID-19 in the past 14 days.
- You are a close household contact of someone who has had a positive COVID-19 diagnosis in the past 14 days.
- Your doctor has advised you to isolate or cocoon.
- You are currently awaiting COVID-19 test results.

First Aid

- The provision of First Aid remains available but with procedural changes.
- COVID- 19 Update training for First Aid Responders.
- Additional personal protective equipment (masks, face shields, gloves)
- In the event of an emergency please dial;
 - 999 or 112 (GARDAI, FIRE BRIGADE AND AMBULANCE)
 - **CAMPUS EMERGENCIES (24 HOURS) INTERNAL 3333**

EXTERNAL 061 213333

If You Develop Symptoms While on Campus

1. Isolate yourself -Keep at least 2 metres apart from other students/staff/visitors.
2. Ensure you are wearing your face covering.
3. Do not touch people, surfaces or objects where possible.
4. Contact the Student Health Centre by phone **061 202534**, do not report to the Centre in person.
5. The Student Health Centre staff will organise for you to be accompanied to the designated isolation room taking the shortest, less populated route.
6. Cover your mouth and nose if you need to sneeze or cough.
7. Dispose of used tissues in the designated bin in the isolation room.
8. Sanitise your hands.
9. In the isolation room you will be assessed to determine if you can immediately go home and call your doctor and continue self-isolation at home.
10. If you cannot go home immediately, you should remain in the isolation room where you can call your doctor.
11. Where necessary transport to your home or to the hospital for medical treatment will be facilitated.

Public transport should not be used to leave campus.

UL EMERGENCY NUMBER 3333 or 061 213333

Protect Yourself: Social Distancing

- Keep a space of 2 metres (6.5 feet) between you and other people,
- Avoid any crowded places

- Do not shake hands or make close contact with other people, if possible



- There is very little risk if you are just passing someone. But try to keep a distance of 2 metres as much as possible.



Protect Yourself: Social Distancing

- It is recommended that you maintain a personal log of persons you have been in close contact with during the day.
- The purpose of the Contact Log is to facilitate the Public Health Authority to conduct Contact Tracing in the event of a positive COVID-19 case.
- Close contact can mean spending more than 15 minutes of face-to-face contact within 2 metres of someone infected with coronavirus.



Protect Yourself: Good Hygiene and Hand Washing

Do

- Wash your hands properly and often.
- Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- Put used tissues into a bin and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.



Do Not

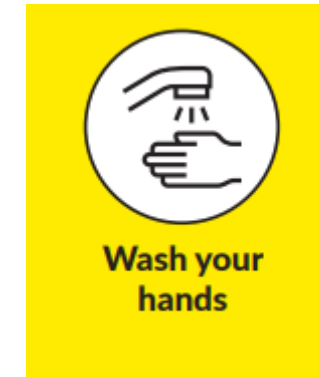
- Do not touch your eyes, nose or mouth if your hands are not clean.
- Do not share objects that touch your mouth – for example, bottles, cups.

Protect Yourself: Hand Washing

You should wash your hands:

- after coughing or sneezing
- before and after eating
- before and after preparing food
- if you were in contact with someone who has a fever or respiratory symptoms (cough, shortness of breath, difficulty breathing)
- before and after being on public transport, if you must use it
- before and after being in a crowd (especially an indoor crowd)
- when you arrive and leave buildings including your home or anyone else's home
- if you have handled animals or animal waste
- before having a cigarette or vaping
- if your hands are dirty
- after toilet use

Keep your hands in good condition. Moisturise them often



Protect Yourself: Hand Washing

Clean your hands

- Use soap and water or alcohol hand rub to clean your hands regularly.
- **How to wash your hands with soap and water**
 - Wet your hands with warm water and apply soap.
 - Rub your hands together until the soap forms a lather.
 - Rub the top of your hands, between your fingers and under your fingernails.
 - Do this for about 20 seconds.
 - Rinse your hands under running water.
 - Dry your hands with a clean towel or paper towel.

If you have dry skin or a skin condition, apply moisturiser after washing your hands and at night.

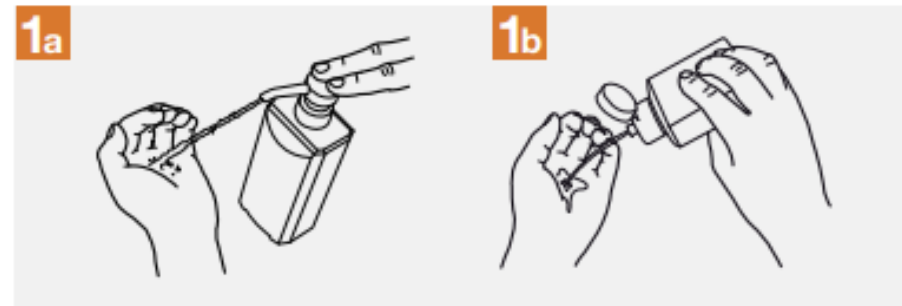


Protect Yourself: Hand Sanitiser

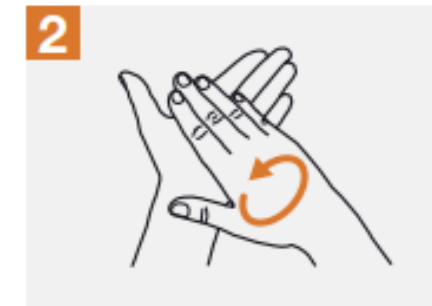
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



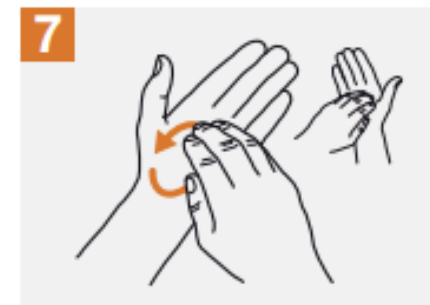
Palm to palm with fingers interlaced;



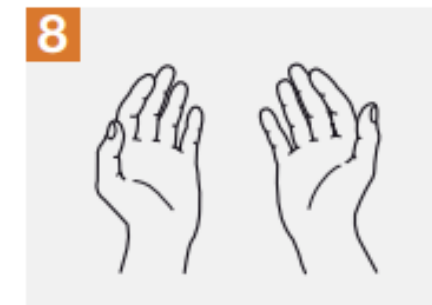
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

Controls Implemented on Campus to Control Risk

- UL COVID-19 Webpage
- COVID-19 Awareness Training
- Risk Assessments
- Designated Isolation Rooms
- Reduced staff and student numbers on campus
- Social distancing measures in Lecture Theatres, classrooms and laboratories.
- Staff Rosters
- Remote Working
- Student Health Centre
- Physical Distancing Infrastructures e.g. screens, queuing systems.
- COVID-19 and Social Distancing Signage
- Hand Washing and Sanitising Facilities
- Provision of additional bins
- Increasing Cleaning Service
- Provision of sanitising equipment for student usage
- Student Counselling Service.

Using a Face Covering

- Face coverings help prevent people who do not know they have the virus from spreading it to others.
- In line with [Public Health guidance](#) students are required to wear face coverings while indoors on campus, unless medically exempt, where maintaining a 2m physical distancing is not possible.
- Respirators with **breath-out valves** are **not permitted** as an infection control measure in our University buildings. The current guidance from the European Centre for Disease Control indicates that valved respirators are not appropriate for use as a means of infection control as they do not prevent the release of respiratory particles from the wearer into the environment.

Protecting Yourself while on Campus

In addition to Social Distancing, Good Hygiene and Hand Washing:

- Adhere to [Health Service Executive \(HSE\) guidance](#) at all times.
- Consider bringing your own lunch to avoid using communal restaurant areas.
- Wash your hands before you leave your home.
- Travel to the campus alone where possible.
- Wash your hands upon arrival on campus.
- Do not share lifts.
- Avoid shaking hands and any physical contact with fellow students.
- Avoided crowded spaces, be mindful of lecture start and finish times and the possible congregation of people.
- Ensure you practice physical distancing when waiting to enter lecture theatres, classroom and laboratories.

Protecting Yourself while on Campus

- Strictly adhere to physical distancing guidance in communal areas e.g. campus restaurants.
- Take note and follow all safety signage erected on campus.
- Structure your day to allow for physical distancing where possible.
- Use telephone/email to make contact with campus staff and services in lieu of face to face contact.
- Reduce face to face interactions- If you need to report to a University area on campus contact the team via telephone/email to discuss your requirements and arrange a time to visit where it is absolutely necessary.

Protecting Yourself while on Campus

- Do not present at a campus department without prior contact via telephone/email where possible.
- Avoid sharing items such as cups, bottles, cutlery, pens etc.
- Contact your Course Director should you have any queries.
- Do not congregate in unnecessary groups on campus.
- Wash hands before leaving the campus.

Student Wellbeing

Infectious disease pandemics like coronavirus (COVID-19), can be worrying. This can affect your mental health. The UL Eist Student Counselling and Wellbeing Service is available to support you in these challenging times.

If you have any queries please email counselling@ul.ie or phone the service on 061 202327 where you will find support.

Click [HERE](#) to find additional support information



Additional Information

- [UL Latest COVID-19 Information.](#)
- [Health Service Executive \(HSE\)](#)
- [Health Protection Surveillance Centre](#)
- [Irish Government](#)
- [Travel Advice](#)
- [Health and Safety Authority- COVID-19](#)



Thank you



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