

SUPPORT FOR INTERNATIONAL STUDENTS

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

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 line with HSE advice 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	dromroevillage@ul.ie
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

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: You should continue to self-isolate until normal office hours resume and you can then contact the UL Health Centre for advice. You can access further support via the HSELive Coronavirus Helpline which is open 8am to 7:30pm Monday to Friday and 9am - 4:30pm Saturday and Sunday Tel: 1850 24 1850 or 01 240 8787.

For extremely urgent situations, you can contact Limerick Doc on 087 755 1570 (Opening hours: Weekdays after 17:00, weekends and bank holidays open 24 hours), however if it is not urgent then you should wait until the UL Health Centre reopens.

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

- Email 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 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
Lloyds Pharmacy	lloyds pharmacy.ie	Six Limerick City locations – 53 William Street, Charlottes Quay, Thomond Gate, Castletroy Shopping Centre, Parkway Shopping Centre, Roxboro Shopping Centre	For prescription delivery: <ul style="list-style-type: none"> - They usually need to know before 12pm to provide delivery for that day, otherwise it will be the following day - If urgent then they would do their best to facilitate flexibility - Free delivery when you spend over €40, otherwise it's €4.99 for delivery - The prescription must be from an Irish doctor 	Williams Street branch: +353 61 415734
Pharmacy Store	pharmacy store.ie	Two locations in Limerick – Roxboro and Newcastlewest	For prescription delivery: <ul style="list-style-type: none"> - Fill in contact form online - They will make contact to arrange electronic transfer of GP prescription - They will then arrange payment, process, package and then ship prescription - Place order before 12 noon and delivery is the following day - Free delivery for purchases over €40. €6.50 per delivery if under €40 - More info: www.pharmacystore.ie/prescription-delivery/ 	Email: info@pharmacy store.ie or Phone: 1890 200044
McCabes Pharmacy	mccabes pharmacy.com/delivery	The Crescent Shopping Centre, Limerick	For prescription delivery: <ul style="list-style-type: none"> - Phone McCabes on +353 61304351 once prescription is issued by GP - Orders received before 2pm are dispatched the same working day - Orders received at weekends are dispatched on the next working day (Monday) - Free delivery for purchases over €38. €4.75 per delivery if under €40 	+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
SuperValu	shop.supervalu.ie/shopping/online-shoppingmade-easy	Corbally and Castletroy	Contactless delivery and Click & Collect options: <ul style="list-style-type: none"> - Create an account online, log in and check the available slots at the nearest store. - Select the date and time required for delivery - Advisable to place the order the week prior as depends on demand/availability - Orders can be amended up until 6pm the evening before the grocery order is delivered 	Corbally: +353 61 350 200 Castletroy: +353 61 501140 Or there is an instant 'Chat with us' service on the website
Tesco	tesco.ie/groceries	Arthurs Quay Shopping Centre, Limerick City	Contactless delivery and Click & Collect options: <ul style="list-style-type: none"> - Register and sign up for the service - Choose a slot, buy groceries - They are delivered or can pick them up from the store - Advisable to place the order the week prior as depends on demand/availability 	

Laundry collection and delivery				
Name	Website	Location	Service provided & how it works	Contact details to get in touch
Spotless Dry Cleaning	app.sproose.io/pre-auth/storefront/CLNT-7398	All around Limerick	<ul style="list-style-type: none"> - Several service available including dry cleaning, ironing, laundry, shoe repair, etc. - Designated collection & delivery times - Minimum charge of €15 for collection and delivery for up to 5kg of laundry 	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
Country Munch	countrymunch.com/	All around Limerick	<ul style="list-style-type: none"> - Produces wholesome, homemade meals - Also stock in An Siopa (MISU Shop in TARA Building at MIC) - 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 - Go to website, select what you like and when prompted, fill in address details - Enter payment details. €3 delivery 	<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>
The Good Food Outlet – Heat then Eat!	ubereats.com/ie/limerick/fooddelivery/food%3A-good-foodoutlet-heat-theneat!/8bxftpsSS4ajmDqoqIXs5w	Ballysimon Road, Limerick	<ul style="list-style-type: none"> - 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. 	<p>+353 86 354 0301</p> <p>Open Monday to Saturday 10am to 6pm</p>
UberEats	ubereats.com/ie/category/limerick/grocery	All around Limerick	<ul style="list-style-type: none"> - Lots of different take away categories to choose to get delivered - Sign up and choose what you want - Make payment online and food is delivered to your door 	See website
Just-Eat	justeat.ie/	All around Limerick	<ul style="list-style-type: none"> - Lots of different take away categories to choose to get delivered - Sign up and choose what you want - Make payment online and food is delivered to your door 	See website




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


UL GLOBAL


University of Limerick, Limerick
Ireland, V94 T9PX
T: +353 (0) 61 213 153
E: international@ul.ie

 /UniversityofLimerickGlobal

 /ulglobal

 @ULGlobal

 /ulglobal

 @InternationalUL

 /ULGlobal

#StudyAtUL