

FAQs

What if I feel unwell?

The prompt identification and isolation of potentially infectious individuals is a crucial step in protecting the learner involved, fellow learners, and others at the college/centre.

To ensure the safety of all you must:

- make yourself aware of the signs and symptoms of COVID-19 and monitor your own wellbeing
- self-isolate at home and contact your GP promptly for further advice if you display any signs or symptoms
- report to your co-ordinator immediately if any symptoms develop while on campus

How can I stay safe?

- Ensure you are familiar with and follow hand hygiene guidance and advice
- Wash your hands with soap and water, or with hand sanitiser, regularly and in particular:
 - after coughing and sneezing,
 - before and after eating,
 - before and after preparing food,
 - if in contact with someone who is displaying any COVID-19 symptoms,
 - before and after being on public transport (if using it),
 - before and after being in a crowd,
 - when arriving and leaving the campus,
 - before having a cigarette or vaping,
 - when hands are dirty,
 - after toilet use.
- Avoid touching your eyes, mouth, or nose
- Use the facilities provided to support hand hygiene (for example hand sanitiser/hand wipes/hand washing facilities)
- Not share objects that touch your mouth, for example, bottles or cups
- Use your own pens for signing-in etc.

The HSE recommends the downloading of the **COVID Tracker App** to help us to protect each other and slow the spread of coronavirus (COVID-19) in Ireland.

Respiratory Etiquette

The following measures to contain respiratory secretions are recommended:

- Cover your mouth and nose with a tissue when coughing or sneezing;
- Use the nearest waste receptacle to dispose of the tissue after use;
- Perform hand hygiene (e.g. hand washing with non-antimicrobial soap and water, use hand sanitiser, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials;
- Cough or sneeze into your elbow.

Face Coverings

- Use of face coverings is in addition to, and not as a replacement for, other measures to reduce the risk of transmission of infection.
- They must be donned correctly and should remain in place covering the nose and mouth throughout the period of use.
- They should not be moved up and down over the nose and mouth.
- You do not have to wear a face covering if you have an illness which causes trouble breathing or you are unable to remove it without help.
- If you find it difficult to wear a cloth face covering, a full face visor or face shield can be worn instead. The visor should wrap around the sides of your face (ear to ear) and extend to below the chin. Reusable visors should be cleaned after each use and then stored in a clean place until needed.

Physical Distancing

Physical Distancing is recommended to reduce the spread of infection. The current recommended distance to be maintained between people to minimise risk of transmission is 2 metres.

Learners must:

- Keep to the 2 metre (6 feet) rule at all times
- If using stairs – ensure that social distancing is maintained
- If using lifts – only one occupant at any one time, buttons to be wiped down after use
- Where possible, internal doors will be kept open on campus to reduce the frequency of touching
- Where possible, learners should remain in their allocated areas
- Where possible, dedicated bathrooms will be provided to learner groups depending on the layout of the building. If not – one in, one out protocol.
- Staggered breaks will be in operation to ensure social distancing.