

Latest updated information from HSE including FAQs:

<https://www2.hse.ie/coronavirus/>

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/covid-19a-z/>

What are the symptoms of COVID-19? Common symptoms of COVID-19 include:

- [a fever \(high temperature - 38 degrees Celsius or above\)](#)
- [a new 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](#) – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

You may not have all of these symptoms. It can take up to 14 days for symptoms to show. They can be similar to symptoms of cold and flu. An early diagnosis from your GP means you can get the help you need and avoid spreading the virus, if you have it.

When should I call a doctor?

You will need to call a GP if you have symptoms of Covid-19 (please see above) or you have symptoms you would normally call a GP for. If you have travelled from affected areas. See here for more information on travelling outside the country: <https://www.gov.ie/en/campaigns/75d92-covid-19-travel-advice/>

What is the meaning to be a close contact for Covid-19?

If you come into contact with a person who has tested positive for COVID-19 you may be a close contact. Close contact can mean:

- spending more than 15 minutes of face-to-face contact within 2 metres of someone who has COVID-19, indoors or outdoors
- living in the same house or shared accommodation as someone who has COVID-19
- sitting within 2 seats of someone who has COVID-19 on public transport or an airplane

Spending more than 2 hours in an indoor space with someone who has COVID-19 will sometimes count as close or casual contact. This could be an office or a classroom. But it will depend on the size of the room and other factors. Public health doctors or [contact tracers](#) will let you know if you are at risk during contact tracing and public health risk assessments.

What should I do if I am a close contact of a confirmed case of Covid-19?

Public Health staff/ Contact-Trace Team and/or the COVID-19 Tracer app may contact you to advise you are a close contact of a confirmed case of Covid-19.

If you believe you are a close contact but have not been contacted by contact tracing:

- [restrict your movements \(stay at home\)](#)
- [contact the COVID-19 helpline](#) and tell them you have been in close contact with someone who tested positive for COVID-19

What is the difference between restricted movements and self-isolation?

Restricted movements means staying at home as much as possible to avoid contact with other people. This is sometimes called quarantine. It helps to stop the spread of COVID-19 (coronavirus).

Self-isolation (stay in your room) means staying indoors and completely avoiding contact with other people. This includes the people you live with.

If you live with other people, stay on your own in a room with a window you can open, if possible. Ask other people to go to the shop or pharmacy for you.

Only leave your house if you need urgent medical help, such as going to hospital.

Living with someone who is a close contact

You do not need to restrict your movements if you have been in contact with someone who is a close contact and has no symptoms. You can continue to go to work and college.

If the close contact develops symptoms, they will need to [self-isolate](#) and phone a GP. You will become a close contact if they test positive for COVID-19. You will need to restrict your movements until you have been tested. Your GP or HSE Contact-tracing team will guide you.

Casual contact

You may have been in contact with someone with COVID-19, but you do not meet the definition to be a close contact. This is a casual contact.

If you are a casual contact, you do not need to [restrict your movements](#). Continue to follow the advice on how to [protect yourself and others](#). If you are a casual contact, you do not need to be tested.

Related topics

[If you live with other people and are self-isolating](#)

[Treat COVID-19 symptoms at home](#)

[Travel advice from the Government](#)

What is IADT doing to raise awareness about COVID-19?

A management group has been monitoring the evolving COVID19 situation since the original outbreak over a year ago. The IADT website is continually being updated when there is new information or a significant change in the situation. This information is informed by the public health information provided by the HSE and Department of Health.

How will the Institute communicate with students during potential closures? The official means of communication with students are through two sources 1) update emails directly from IADT 2) updates to our website.

If you currently do not have access to your student email account please contact support@iadt.ie

I have been advised by my GP and/or the HSE Contact tracing team to self-isolate, who should I inform?

You should advise your course co-ordinator and Student Health Centre (Phone 012394760 Mon- Fri).

Will I be penalised for late submissions if I cannot attend college?

Any ill student with COVID-19 symptoms, or any medical condition should seek GP/ medical advice. Students will need to inform their lecturer and get their approval for late submission if they have been requested to self-isolate or are unable to complete submission due to any medical illness. IADT Student Health Centre nurses will guide and help with obtaining medical certificate of support. Phone 01 239 4760 and leave a message.

I have an underlying condition, when college is open during the pandemic should I attend?

Students are advised to contact their own GP to get advice whether or not they are in a position to attend college, if they have an underlying medical condition. Advice and assistance can be provided through IADT Health Centre. If a student is advised to stay at home and self-isolate supports can be put in place to assist the student to continue with their studies.

Will the IADT Health Centre be open for Consultations?

At present (**February 2021**) the Health Centre is operating remotely due to Level 5 COVID-19 restrictions.

How do I contact the Health Centre?

Please phone to make an appointment. You can call us on 01-2394760.

Other queries can also be handled by e-mailing our Student Health Administrator on studenthealth@iadt.ie. **Email is not a suitable form of communication for clinical matters.**

How can I make an appointment?

IADT Health Centre is open remotely and available to every student. Please contact 01 2394760 or IADT Student Health web page.

Due to COVID-19 emergency the IADT Student Health Centre is working remotely Mon-Thurs 9.30am-12.30pm and 2pm-4.30pm, Fridays 9.30am-2pm.

For medical issues, and if you are living at home please contact your own GP in the first instance. If you need medical records sent to your own GP this can be arranged with your permission. Please email us at the address below. All other students please phone 01 2394760 or email studenthealth@iadt.ie. Generation Health GP's can be contacted on 01 2461157. Please confirm that you are an IADT student and give your student ID Number.

All urgent medical needs in relation to COVID-19 or any other emergency please call 999/112 or COVID-19 HSE helpline 1850 24 1850. Alternatively, if more appropriate, please contact E DOC for out of hours GP service, Mon- Fri 6pm-8am and 24 hours on Sat & Sun & Bank Holidays. Please phone +353 1 2234 500 to make an appointment. Normal GP fees apply unless holder of medical card.