

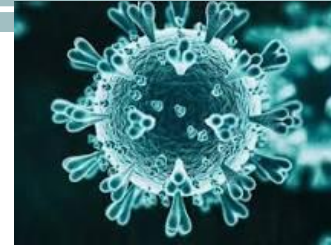


Coronavirus
COVID-19

DKIT – STUDENT INDUCTION ADVICE AND GUIDANCE



INTRODUCTION



The COVID-19 pandemic has impacted severely on every part of our society and our economy.

As we begin to gradually re-open our campus in line with the governments Roadmap for Reopening Society and Business, we need to make sure that we adhere to the rules of this new way of living and working and continue to suppress the spread of the virus.

This induction is designed to provide information on the measures implemented by the Institute and outlines our responsibilities that will prevent the spread of COVID-19.

This presentation reflects a shared collaborative approach and is key to protecting against the spread of COVID-19 on campus. Students and staff will have regular engagement about COVID-19 and preventative measures in the Institute

CORONAVIRUS (COVID-19)

To combat COVID-19, we must understand how it is spread and how to protect ourselves, our families, our colleagues and our community.

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a new (novel) virus called Coronavirus.

HOW THE VIRUS IS SPREAD

Coronavirus is spread in sneeze or cough droplets. As such we must all follow the public health advice and guidance, as well as any specific measures in place to help prevent the spread of COVID-19 in the work environment.



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 and sneezed on and bring your unwashed hands to your face (eyes, nose or mouth)



COVID-19 THE MOST COMMON SYMPTOMS



- **Cough:** any kind of cough, usually dry but not always
- **Fever:** High Temperature over 38° C
- **Shortness of Breath**
- **Difficulty Breathing**
- It can take up to 14 days for symptoms to appear.
- If you are feeling unwell or displaying symptoms, immediately self isolate and make phone contact with your GP and manager.
- Persons displaying symptoms must telephone their GP or the HSE Helpline at 1850 241850 and follow advice received.

BEFORE YOU RETURN TO CAMPUS

- Before you return to campus, you are required to complete this Covid Induction Training module
- You must also complete the Return to Campus Self Declaration Survey, and advise the Institute if you are in a high risk group.
- You are encouraged to Download the COVID 19 App
- You must comply with all Institute guidelines and requirements to facilitate a safe return to campus
- Face coverings will be required where adequate social distancing cannot be adhered to. Therefore you will be required to carry a face covering with you on campus.

COVID-19 SYMPTOMS, SELF-ISOLATION AND CLOSE CONTACT

To protect you, your colleagues and family, it is essential that if you:

1. Have any symptoms of COVID-19 or if you feel unwell

Or



2. Have been in close contact with a confirmed COVID-19 case

You should immediately self-isolate at home, make phone contact with your GP and Head of School or Department and follow advice issued.

PROTECTION AGAINST GETTING COVID-19



Coronavirus COVID-19

Coronavirus COVID-19 Public Health Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie QR phone HSE Live **1850 24 1850**

How to Prevent

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Stop
shaking hands or hugging when saying hello or greeting other people

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Wash
your hands well and often to avoid contamination

Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue

Avoid
touching eyes, nose, or mouth with unwashed hands

Clean
and disinfect frequently touched objects and surfaces

  **Riadas na hÉireann**
Government of Ireland

Hand Hygiene - Wash hands regularly and avoid touching your face and eyes with your hands. Use hand sanitiser where soap and water is not available.

<https://youtu.be/lsgLivAD2FE>

If hands are visibly dirty, wash hands with soap and water prior to using the sanitiser.

Remember this should be for at least 20 seconds.

PROTECTION AGAINST GETTING COVID-19 – Cont.

- **Cough Etiquette** - when coughing / sneezing, cover your mouth and nose with your bent elbow or a tissue. Place used tissues into a the bin and wash hands.
- Clean and disinfect frequently touched objects and surfaces. Keep your environment clean.
- Where adequate social distancing cannot be maintained it is recommended to wear face coverings
- Unnecessary Contact - **Do not** **hands** or make unnecessary contacts.



PROTECTION AGAINST GETTING COVID-19 – Cont.

Physical Distancing



(also known as social distancing) aims, through a variety of means, to decrease or interrupt the spread of COVID-19. It does this by minimising contact between potentially infected individuals and healthy individuals.

The current recommended distance to be maintained between people to minimise risk of transmission is 2 metres.

Adhere to any measures put in place by DkIT to maintain physical distancing.

PHYSICAL DISTANCING Cont:



Recommendations for physical distancing may include:

- **Access:** Designated access points to be used only. All staff and students to observe signage in relation to Covid 19 restrictions which will be displayed at main access points. Students will be required to sign in for on campus activities.
- **Movement around the Institute:** Staff and students to adopt a **STAY LEFT** approach when moving around walkways. No unnecessary movement around campus or congregating within walkways or access routes.
- **Student Activities:** A review of timetables are taking place with the goal of maintaining the 2m distance rule. Risk Assessment documents in relation to activities for each School / Functional Areas to be updated in line with the Government Protocols.

PROTECTION AGAINST TRANSMISSION COVID-19

Travelling to campus

When travelling to campus it is preferable that you do so alone by walking, cycling, using a private vehicle.



Avoid public transport if possible. If this is not possible, ensure you take steps to protect yourself.

- Take a seat, avoid being close to others.
- Avoid touching transmission points such as handrails.
- Bring hand sanitiser & wash your hands when you arrive on campus/return home.
- Public transport should be used in off-peak times if at all possible.
- Current public advice states that a face covering should be worn on all public transport.

TRAVELLING TO CAMPUS



- The occupancy level of vehicles is to be minimised and single occupancy for vehicles is preferable.
- If more than one per person per vehicle, the following measures should be followed:
 - Sit as far apart as the vehicle allows.
 - Passenger to travel in the back of the vehicle at left passenger side.
 - Keep windows of vehicles open, at least partially.
 - Practice good respiratory hygiene.
 - Wear a face covering.
- Key touch points in vehicles / mobile plant are to be wiped regularly (e.g. door handles, steering wheel, handbrake, gear stick, radio controls).
- Hand Hygiene – hands washed / sanitised before and after entering / exiting the vehicle.
- Cough Etiquette - when coughing / sneezing, cover your mouth and nose with your bent elbow or a tissue.

PROTECTION AGAINST TRANSMISSION COVID-19

Welfare Facilities -

- When using welfare facilities such as the restaurant, common rooms or toilets, allow appropriate time and space to facilitate the correct levels of hygiene and physical distancing. Be respectful of these boundaries.

Toilets:

- Be mindful of physical distancing measures. You must respect the space available to ensure physical distancing. This may require a longer wait. Where doors to toilet blocks are not wedged open use elbow or shoulder to push door open.



PROTECTION AGAINST TRANSMISSION COVID-19

Restaurants, Common Rooms or Shared Areas:



- Students to adhere to any Covid 19 restrictions implemented in shared canteen areas.
- Only designated eating areas will remain open.
- Break times may be staggered to reduce congestion and contact.
- Communal areas will be cleaned regularly as per the DkIT Covid 19 Cleaning protocol which will be in operation.
- Do not share objects that touch your mouth e.g. bottles, cups
- Always be vigilant of sources of contamination.

GENERAL PRINCIPLES BEING APPLIED DURING COVID-19

- **Reduce** - the number of persons in any learning area to comply with the 2-metre physical distancing guideline recommended by the HSE.
- **Review** - learning spaces- mindful of close working arrangements. Students should be encouraged to self-assess their tasks for physical distancing and transmission points.
- **Supervise** – monitoring compliance to ensure physical distancing, hygiene rules and COVID –19 control measures are being adhered to and maintained in order to reduce the risk of the spread of COVID-19.

COMPLIANCE & MONITORING



- Monitoring compliance will require ensuring that physical distancing, hygiene rules and COVID-19 control measures are being adhered to and maintained in order to reduce the risk of the spread of COVID-19.
- It is important to note that compliance with COVID-19 control measures is the responsibility of everyone and must be supported by all in order to protect health and reduce the spread of COVID-19.

Compliance checks with COVID-19 may include checking the following measures are in place and being adhered to:

- Adequate signage
- Physical Distancing
- Hand Washing
- Cough/Sneeze Etiquette
- Safety Documentation
- Risk Assessment
- Cleaning protocol in place
- Staggering breaks, lunch times, etc.
- Correct use and disposal of PPE



YOUR WELLBEING

We are aware that this period of disruption and uncertainty can be hugely unsettling for you and your families. It is important that you continue to prioritise your mental wellbeing. The HSE have provided some useful guidelines (links below)

Student Services continue to be available to students at this time Further details can be found at <https://www.dkit.ie/> or by contacting studentservices@dkit.ie

Other HSE Sources:

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

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

<https://www.gov.ie/en/campaigns/together/?referrer=/together/>

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

KEY CONTACTS

For any concerns contact your Head of Department/Student Services/Student Union.

The Institute will work together with staff and students to ensure that all the actions in the protocol are fully adhered to in order to ensure the suppression of COVID-19 in the workplace.

DKIT's Health & Safety Co-ordinator:

Caroline Carlin T. 042 937 0200 E. Caroline.Carlin@dkit.ie