



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

COVID-19 Student Induction



1



SAFETY ON CAMPUS

Rules you need to follow:

1 Wear a face covering
inside all buildings



Rules you need to follow:

1 Wash your hands frequently



Rules you need to follow:

Wipe your workspace
before & after use



Rules you need to follow:

4 Keep right & keep moving in one-way systems



Rules you need to follow:

5 Record the number of your seat inside lecture halls



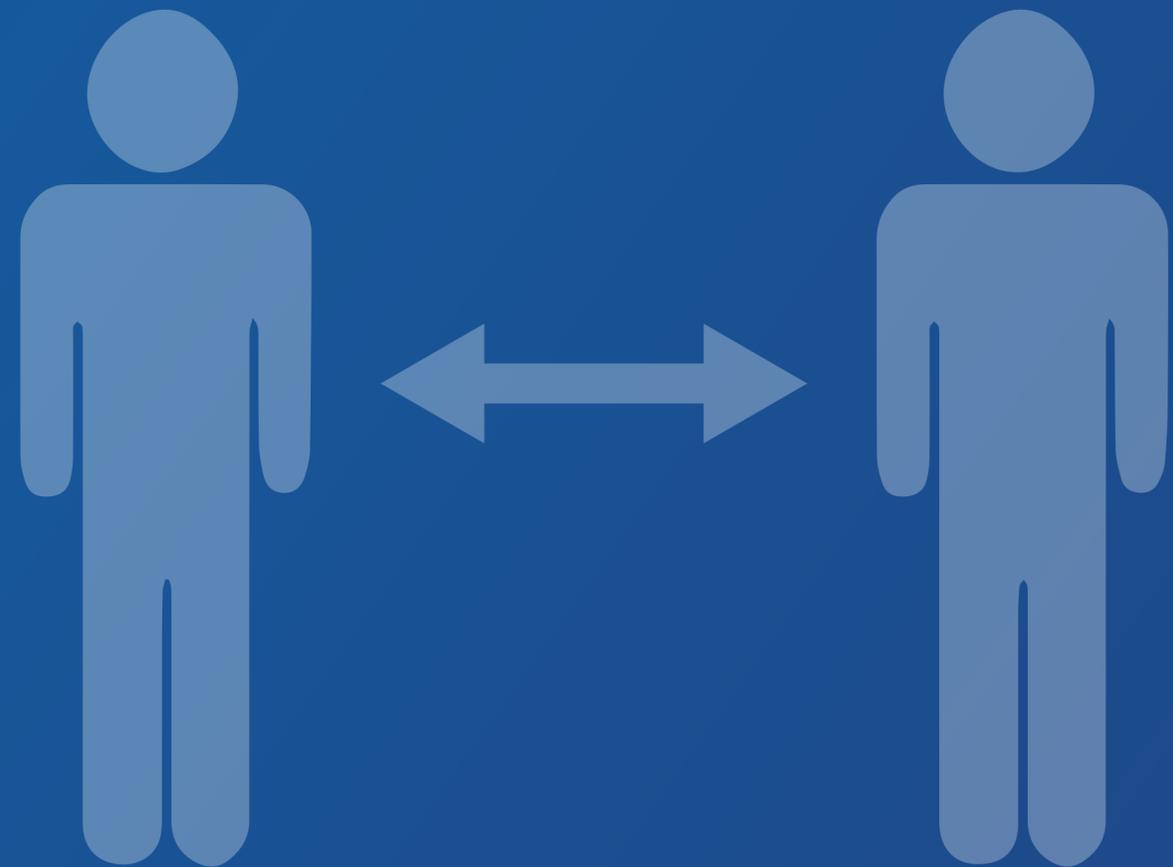
Rules you need to follow:

Do not dwell in buildings
- arrive for lectures and
leave once it ends



Rules you need to follow:

7 Maintain physical distancing



Rules you need to follow:

8 Practice good
respiratory hygiene



Wear your mask right

Do not:

Wear the face covering below your nose



Leave your chin exposed



Wear it loosely with gaps on the sides



Wear it so it covers just the tip of your nose



Push it under the chin to rest on your neck



Cleaning your workspace

Each teaching space will contain several cleaning stations. Prior to taking your seat, complete the following steps:

- 1. Sanitise your hands*
- 2. Take a sheet of blue roll paper and spray detergent onto it*
- 3. Go to your seat and wipe down your chair and desk*
- 4. Dispose of the towel in bins provided.*
- 5. Sanitise your hands again and take your seat.*

2



COMING ON CAMPUS

Can I come on to campus?

Every day before coming on to campus, complete the 5-point daily check:

- 1. A recent cough?*
- 2. Shortness of breath?*
- 3. New respiratory illness?*
- 4. Fever?*
- 5. Have I been advised to self-isolate in the last 14 days since I came to college?*

If the answer is “yes” to any of these, do not come on to campus.



How do I enter campus?



1. Enter via Nassau Street and Science Gallery and Lincoln Place Gate.
2. You need to swipe in with your student card.
3. Sanitise your hands at the entrance.
4. Collect your hand sanitiser on the way into campus and top up at locations around campus.

We recommend you also use the HSE COVID Tracker App

3

**I THINK I'M SICK.
WHAT DO I DO?**



If you're at home...

Contact your GP or College Health Centre at 01-8961556 and follow the guidelines provided by the HSE.
Do not come on to campus.

If you're on campus...

Contact the College Health Centre at 01-8961556 or your GP and follow their instructions.

If you test positive:

1. Notify your Course Director and College Health Centre.
2. Self-isolate.



4

GENERAL INFORMATION ABOUT COVID-19



How does it spread?



Sneeze and
cough droplets

How can I catch it?

1 By coming into close contact with someone who has the virus and is coughing or sneezing.



How can I catch it?

2
By touching surfaces that someone who has the virus has coughed or sneezed on, and then touching your face with unwashed hands.



How can I catch it?

By spending more than
15 minutes face-to-face
contact within 2 metres
of an infected person
–indoors or outside.

15 min



How can I catch it?

4 By living in the same house or shared accommodation as an infected person.



The virus may...



...survive for up to 3 days on plastic and stainless-steel surfaces if someone who has it coughs or sneezes on a surface.

But it can be killed...



...on surfaces by simple household disinfectants.

Common symptoms

- 1. A fever**
- 2. A cough**
- 3. Shortness of breath**
- 4. Loss or change to your sense of smell or taste**

General info

- 1.** Spread is most likely from those with symptoms.
- 2.** Close contact does not include someone you passed on the street in work or in a shop. The risk of contact in this instance is very low.
- 3.** It can take up to 14 days for symptoms of COVID-19 (Coronavirus) to show. They can be similar to the symptoms of cold and flu.



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Find more information at:

<https://www.tcd.ie/about/coronavirus/>

