

# SOP: Postgraduate Researchers self-isolation on return to Dublin

Information correct as of 2/6/2020. Please see [gov.ie](http://gov.ie) for updated information.

According to the Irish government guidelines, all returning/arriving staff/students must identify themselves at the airport and [self-isolate for 2 weeks](#) on arrival in Dublin. You must fill in a **COVID-19 Passenger Locator Form** before you arrive in Ireland. Failure to do so is an offence. While the airline is likely to provide these, it is safest to print your own copy before travelling.

This SOP is aimed at PGR scholars who do not have their own self-isolation accommodation set up on arrival. RCSI have student accommodation facilities that should be available until September 2020, after which the UG scholars who have previously booked their accommodation will need the rooms. The New Mill student accommodation has studio apartments or larger rooms that can be assigned to only one student for 2 weeks. Prices vary from €250 to €350 per week, so you may find cheaper accommodation using AirBnB (or similar).

It is advisable to start organising your self-isolation at least 10 days before departure. Delays in email responses and time-zones could make it difficult to set up.

1	Scholars need to contact the student accommodation company ( <a href="#">uninest</a> ) directly and pay for their own accommodation. <a href="mailto:newmill@unineststudents.ie">newmill@unineststudents.ie</a> (During term time, Student Services may be able to help with availability. <a href="mailto:studentservices@rcsi.ie">studentservices@rcsi.ie</a> .) Else find own accommodation using <a href="#">AirBnB</a> , <a href="#">hotels.com</a> , etc. <i>[if you are part of a PhD programme, please contact the programme director]</i>
2	Book taxi for ETA ( <a href="#">Lynk taxi</a> have screens to protect drivers and passengers) Ask to be collected at the <a href="#">Arrivals Hall</a> (Terminal 1 or 2)
3	Purchase masks for travel (the HSE does not enforce this [thus optional], but some other countries insist on it [thus prudent]).
4	Organise online shopping deliveries. <a href="#">Groceries</a> : <a href="#">Lidl</a> , <a href="#">Tesco</a> , <a href="#">SuperValu</a> , <a href="#">Buymie</a> . Takeaways: <a href="#">Just Eat</a> , <a href="#">Deliveroo</a> Social distancing guidelines should also be followed when accepting deliveries.
5	New scholars' login details to be delivered by email (SPGS)
6	New scholars' cards to be created once campus is open again (10 Aug 2020 onwards). 121 St Stephen's Green IT department.

If you need assistance with the above please contact the School of Postgraduate Studies at least 10 days before departure: [postgraduateschool@rcsi.ie](mailto:postgraduateschool@rcsi.ie) | +353 1 402 8594

## Self-Isolation guidelines ([HSE](#)):

You will need to self-isolate if you arrive in Ireland from any other country - this includes Irish citizens coming home

### Do

- ✓ Stay at home, in a room with a window you can open.
- ✓ Keep away from others in your home as much as you can.
- ✓ Check your symptoms - call a doctor if they get worse. Phone your doctor if you need to - do not visit them.
- ✓ Cover your coughs and sneezes using a tissue - clean your hands properly afterwards.
- ✓ [Wash your hands properly and often.](#)
- ✓ Use your own towel - do not share a towel with others.
- ✓ Clean your room every day with a household cleaner or disinfectant.

### Don't

- ✗ Do not go to work, school, religious services or public areas.
- ✗ Do not share your things.
- ✗ Do not use public transport or taxis. (except to get from the airport)
- ✗ Do not invite visitors to your home.

Keep away from older people, anyone with long-term medical conditions and pregnant women.

It's OK for friends, family or delivery drivers to drop off food or supplies. Make sure you're not in the same room as them when they do.

## If you live with other people and you are self-isolating

Stay in a room with a window you can open.

If you can, use a toilet and bathroom that no one else in the house uses.

If you have to share a bathroom with others, use the bathroom last and then clean it thoroughly.

Do not share any items you've used with other people.

Things you should not share include:

- ✓ food
- ✓ dishes
- ✓ drinking glasses
- ✓ cups
- ✓ knives, forks and spoons
- ✓ towels
- ✓ bedding