



**RCSI**

UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES

30 July 2020

# Coronavirus COVID-19



## Help prevent coronavirus



**Wash your  
hands**



**Cover mouth if  
coughing or sneezing**



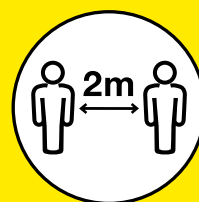
**Avoid touching  
your face**



**Keep surfaces  
clean**



**Stop shaking  
hands and hugging**



**Keep a safe  
distance**

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

**Visit HSE.ie**

For updated factual information and advice

Or call 1850 24 1850

**Protection from coronavirus.  
It's in our hands.**



**Rialtas na hÉireann  
Government of Ireland**

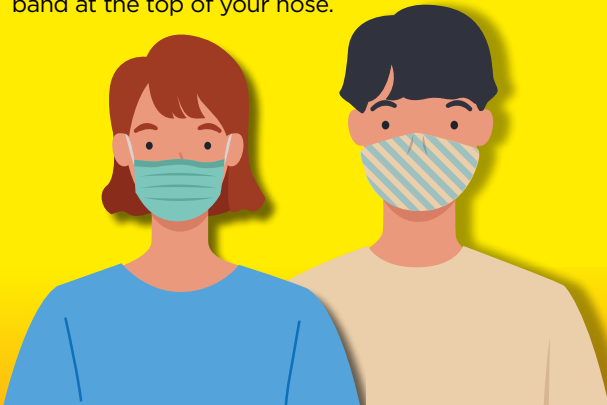
# How to use Face Coverings

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

## Correct Covering

**Medical masks should be reserved for health workers or patients in treatment.**

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



## Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.

### DO NOT:

Wear the face covering below your nose.



### DO NOT:

Leave your chin exposed.



### DO NOT:

Wear it loosely with gaps on the sides.



### DO NOT:

Wear it so it covers just the tip of your nose.



### DO NOT:

Push it under your chin to rest on your neck.



## FOLLOW THESE TIPS TO STAY SAFE:

**ALWAYS** wash your hands before and after handling your face covering.

**ALWAYS** change your face covering if it is dirty, wet or damaged.

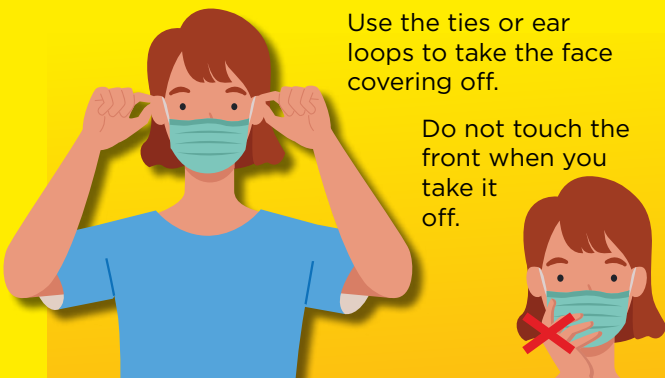
Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

**CHILDREN UNDER 13** should not wear face coverings.

**ALWAYS** wash cloth face coverings on the highest temperature for cloth.

## Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

## Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.

**Stay safe. Protect each other.**



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## Welcome

We look forward to welcoming you back to RCSI next Semester.

You are studying medicine at a very exciting time, a time of great change and a time of great challenge and opportunity. The COVID-19 pandemic has placed your future profession at the centre of the world stage. As a focused health sciences university, we, at RCSI, are acutely aware of our responsibility to support the delivery of healthcare around the world, to prepare our students for the realities of professional practice in healthcare, and in particular, to support the safety of our students during the coming academic year.

Our Mission at RCSI is to “**Educate, nurture and discover for the benefit of human health**”. Never

has the scope of this Mission been so pertinent not just to the needs of healthcare but also to our ‘nurturing’ responsibilities to our students. This document is designed to help you understand the supports we are putting in place to enable your safe student and academic journey in 2020/2021.

Exceptional healthcare professionals who go on to become healthcare leaders are needed now more than ever. You are already on your journey towards a career that will be exciting, fulfilling and rewarding. Health sciences are ever evolving and the practice of healthcare today is unrecognisable due to scientific advances and the development of new healthcare technologies. As you move into your professional career, you will go on, in the future, to provide an advanced level of care and treatment to patients that is simply inconceivable today.



We recognise that this is a challenging time and there is no doubt that the academic year ahead will be like no other in our university's 236-year history. The COVID-19 situation in Ireland is stable, hospitals are returning to normal and the Irish Government's roadmap to re-open the country has been accelerated, moving from a five stage to a four stage re-opening plan. This improving situation is because of decisive and effective government and clinical leadership and a cohesive response from our communities.

We are proud that many of RCSI's academic and clinical leaders are playing key roles in informing these leadership actions. Here at RCSI, we are working hard to put robust safety measures in place in order to protect your health and wellbeing, while ensuring that the quality of your educational experience is not impacted.

We recognise that you have very specific concerns this year about health and welfare. Be assured that the safety of our students is at the

centre of our planning for the coming year and you will continue to take part in an exceptional educational experience.

We hope that the information in this booklet is reassuring and we will continue to provide updates as our safety measures may change in the weeks ahead as government guidelines and the advice of our clinical colleagues is updated.

Of course, if you have any queries or concerns, please do not hesitate to get in touch with us via [deansoffice@rcsi.ie](mailto:deansoffice@rcsi.ie)

I very much look forward to welcoming you back to RCSI soon.

Best wishes,

Professor Cathal Kelly  
**Chief Executive / Registrar**



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Supporting Health, Safety and Wellbeing  
30 JULY 2020

# SECTION 1 RETURNING TO RCSI





## The Academic Year 2020/2021

RCSI is preparing the campus to welcome our students during September and October. The start of the academic term will vary by course and programme year.

Commencement dates for undergraduate programmes are available on your student engagement [Moodle page](#). We are working hard to provide a complete list of semester dates for each programme and those that have been fully approved can be found [here](#).

While this year will be different for all of us, our programmes will continue to be delivered to the same exacting standards as before, using an innovative curriculum, teaching methods and approaches to assessment. Lectures will be delivered using a blended, digitally engaged learning approach. The use of Blackboard and Moodle will continue alongside classes and small group teaching on Campus, with physical distancing in place. Further information will follow from your year lead on the Moodle Engagement page.

As a returning student, your clinical experience will continue to form an important part of your academic journey. We are working together with our clinical colleagues to restructure these activities to provide a high quality and safe learning environment. As these sessions are fundamental to your clinical learning experience, we will use Personal Protective Equipment (PPE) where required. Students will be educated in the use of PPE as part of their programme.

## Travel Advice

RCSI wants to maintain the highest level of public confidence in our processes, including returning many international students to our campuses and to hospitals and other healthcare settings this Autumn,

This means that, whatever changes there may be for travellers from some countries entering Ireland, RCSI will require ALL students who travel from overseas to restrict movement for 14 days when you arrive in Ireland.

Please note, that the RCSI Travel Office is available to provide specialist advice and support when making your travel arrangements and with booking flights. Please feel free to contact the RCSI Travel Office at any time to assist you with your travel plans by emailing [travel@rcsi.ie](mailto:travel@rcsi.ie).



### WHAT SHOULD I PACK?

This year is a little different and there are extra precautions you need to keep in mind. You will find a packing list that might be useful to help you prepare for coming back to Dublin. See **Appendix 1**



### REMEMBER YOUR LAPTOP

All students need to remember to bring a laptop to Dublin, to enable you to start your programme straight away. This includes students that are self-isolating and SC1 Medicine and fourth year Pharmacy students due to receive replacement laptops. Details about laptop distribution for fourth years will be shared in due course.



## The Student Experience

As with previous years you will still have the opportunity to join lots of student social activities including Student Club and Society events. Daily exercise classes will continue to be delivered by the RCSI Gym team including yoga, HIIT and other popular classes. Importantly, there will still be a vibrant student life that you can engage with as much as you wish.

The teams in RCSI Student Services and the Students' Union are working together to ensure this year will have an excellent student social experience. There will be a combination of online and in person events to take part in.

We want you to enjoy the social side of life at RCSI but in order to reduce the risks of large student groups gathering together, we will be providing access to library services in Beaumont and at Croke Park as an alternative to the main campus library. Access to the University gym will also be through a scheduled appointment system.

## RCSI Campuses

This year holds new challenges for RCSI as we try to work through the complexities of the various timetables needed for individuals and year groups because of physical distancing. Teaching will continue to be delivered through our campuses in **RCSI St Stephen's Green, 26 York Street** and the

## Education and Research Centre at Beaumont Hospital

. Due to the extra pressures for space that physical distancing causes we have taken the unusual, but innovative step of creating a unique 'satellite campus' at the historic Croke Park (pictured above), home of the Gaelic Athletic Association (GAA). This satellite campus will provide extra space for 700 medicine students in Year 2 and IC2. Having the additional space at Croke Park allows us to utilize all the space that our campuses have to offer.

Croke Park is well connected to the RCSI city centre campus and the rest of Dublin. Importantly, it is also near to Beaumont Hospital, the main RCSI teaching hospital. The close proximity of this new satellite campus to Beaumont Hospital allows the academics and clinicians that work there to easily travel to deliver your teaching. This will ensure medicine students in **Year 2 and IC2** continue to receive a clinically focused education while at RCSI.

Croke Park has state of the art facilities including study space, restaurants and other amenities that will ensure everything still feels like an RCSI campus. We are confident that it will provide an engaging student experience. It will be different for us all but still a fun, safe and great education facility.

Our preparations for reopening our main campus are also continuing apace. You will find more about what to expect from the campus environment in **section 2**.



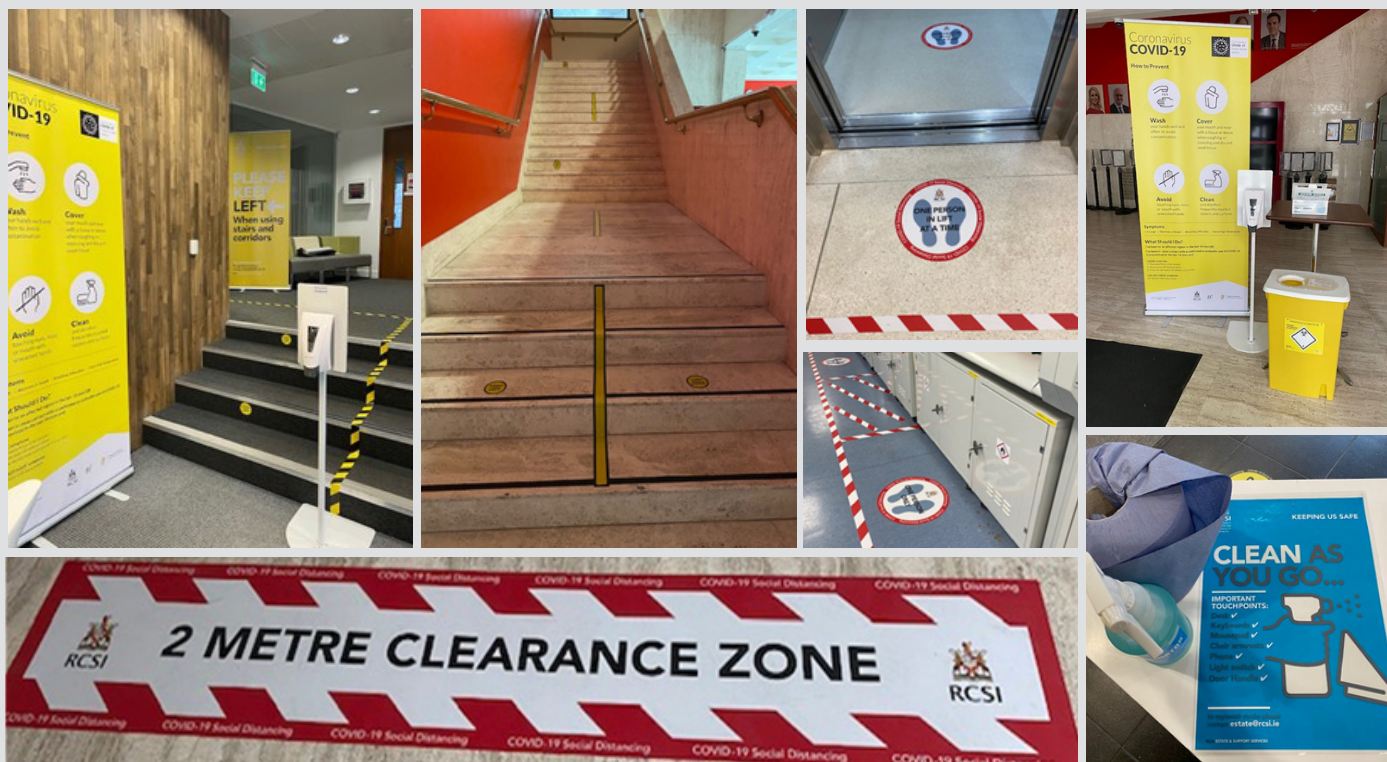
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# SECTION

# 2

# RETURN TO CAMPUS & CAMPUS SAFETY





## COVID-19 Induction Training - Prior to Returning to Campus

As part of our measures to ensure a safe return to campus all students are required to take part in our mandatory online training course before returning to campus (SSG, Beaumont and Croke Park). The COVID-19 pandemic has led to many necessary changes in how we go about our day to day activities in the University and the training will familiarise you with the University's procedures in preventing the spread of the virus.

We all have an important role to play in helping to control the coronavirus outbreak. The safety behaviours required to keep you healthy, both on and off campus, will be outlined in the training course which will be available on Moodle next month.

## Cleaning and Disinfection on Campus

We all need to take on board a level of personal responsibility to protect the health of our fellow students and colleagues as well as our own. RCSI has invested in increasing the level of general cleaning completed on campus and you will notice an increased presence on campus of our cleaning contractor staff. Extra measures we have put in place are as follows:

- We have arranged for frequently touched surfaces, such as door handles, light switches, handrails etc. to be cleaned at increased frequency
- Welfare facilities and communal areas will also be cleaned more frequently
- Each room, office, laboratory, tutorial room and communal area will be provided with cleaning materials to keep the environment hygienically clean and we are advised to regularly clean any personal items brought in from home
- In addition, everyone will be expected to clean their own stations daily and more importantly to "clean as you go" when moving around on campus to maintain the hygiene standards needed to kill any virus particles.

### WHAT THIS MEANS IN PRACTICE:

- At the start of the day, staff and students are required to clean down their workstations
- Disinfectant spray will be widely available as will hand sanitiser
- All surfaces should be sprayed
- Take care when cleaning any electrical devices- use a cloth instead of spraying directly onto them
- This process should be repeated periodically throughout the day and it is a requirement to 'clean out' by repeating the process at the end of each day.



### HAND HYGIENE FACILITIES

Hygiene practices are important to prevent the spread of COVID-19.

Regular hand washing with soap and water is effective for the removal of COVID-19. All of us should wash our hands properly, regularly and most especially before and after preparing food and before and after using the bathroom.

Other times when hand washing is essential:

- Before and after wearing gloves
- Before leaving/after entering the home
- Before and after you remove your face covering/mask
- Before and after the use of public transport
- When arriving/leaving the Campus/other sites
- Before and after meeting people
- Before smoking or vaping (RCSI is a smoke free campus)
- RCSI applicable - if in contact with a patient/surface model, before and after exposure.

It is important to follow good practice for hand washing - washing the front and back of your hands, between fingers and washing for least 20 seconds.

Between washing, regular use of hand sanitisers that have at least 70% alcohol is recommended. RCSI has installed over 90 hand sanitiser units and we recommend you always carry a small hand sanitiser on your person.

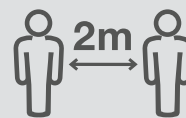
See HSE recommendations for hand washing [here](#).

### RESPIRATORY HYGIENE/ COUGH ETIQUETTE



All of us should follow good respiratory measures to limit the spread of the virus; these include:

- Avoid touching the face, eyes, nose and mouth
- Cover your mouth when coughing and sneezing into your elbow or a tissue (not your hand)
- Put used tissues into a sealed bin and then wash your hands immediately
- See below in face coverings section for information on face masks/coverings.



### PHYSICAL DISTANCING

Physical distancing measures have been implemented across all RCSI campuses in high

foot flow areas. Across different areas of the campus you will see a variety of implementations including: one-way systems, entrance and exit only locations, signage, screens, floor markings, new entrance and exit measures, plus additional measures to assist with maintaining physical distancing.

We all have a duty to our fellow students and colleagues to maintain physical distancing. Please make yourself familiar with the following important and useful information to help achieve physical distancing:

- Keep a distance of 2 metres (6.5 feet) between you and others
- Avoid making close contact with people (i.e. do not shake hands – use **non-contact greeting methods**)
- Make yourself familiar with signage and instructions in place throughout the RCSI campus
- Conduct online meetings
- Visitors to the University are discouraged ([see appendix 3](#))
- Use contactless payments for all transactions where possible
- Perspex screens have been installed at all front of house locations
- Keep up to date with changes onsite through Moodle, Student App and onsite signage.

### PASSENGER LIFTS / ELEVATORS

- Lifts are restricted to one person only. Please give up the lift for persons who have reduced mobility. Staff and students are encouraged to use the stairs
- Hand sanitiser will be available at all entry and exit points of lifts
- Staff and students are required to apply sanitiser to hands before entering a lift AND again on exit
- Lifts will be regularly cleaned throughout the day, focusing on button touchpoints in the lift.

### MINIMISING CONTACT

RCSI has implemented the following safety measures to minimise contact between staff and students:

- Microsoft Teams has been rolled out to all staff and students across the University for teams to communicate and continue meetings virtually
- Onsite meetings are not encouraged
- Signage is visible throughout the University advising staff/students to avoid handshakes etc. See section above for non-contact greeting methods
- Signage around campus advising persons to avoid congregation of people around lobby areas
- Online induction training provided to all staff and students includes guidance on how to minimise contact
- Clean as you go policy ensures students/staff clean and disinfect surfaces and shared equipment both on arrival and on departure

### FACE COVERINGS/MASKS



We have all learned that those who do not feel sick can still spread the virus. That is why, as we return to campus, we will be required

to wear facial coverings or masks. This is in line with government and public health advice.

We ask everyone to provide their own mask or face covering for normal, day-to-day activity. In line with RCSI Green Campus initiatives we ask that you wear reusable masks to reduce the environmental impact of disposable masks.

Avoid touching your eyes, nose, or mouth when removing your mask, and wash your hands immediately before and after removal. Even when wearing face coverings, you should observe the important things necessary to prevent the spread of the virus. These include:

- Physical distancing
- Covering your mouth and nose with a tissue or your elbow when you cough and sneeze
- Washing your hands properly and often
- Not touching your eyes, nose or mouth if your hands are not clean.



#### Disposable face masks

can be worn by everyone in RCSI to contain the wearer's respiratory droplets. These masks should be discarded daily.



**Surgical face masks** worn in clinical/simulation settings reduce the wearer's spread of respiratory droplets and shield the wearer from large droplets emitted by others. Discard daily.



**Cloth face coverings** can be worn by all in RCSI to reduce the spread of infection via respiratory droplets. These face coverings can be **made at home**/purchased. Change and wash face coverings daily. Store in a clean paper bag when not in use.



**Respirators** to be worn by laboratory and clinical/simulation personnel only. These contain the wearer's respiratory droplets and protect the wearer from the finer respiratory droplet emissions of others.

RCSI will continue to review and adhere to HSE and government guidance on the use of face coverings. Click [here](#) for further info on wearing and making face coverings correctly.





### GLOVES

Do not wear disposable gloves instead of washing your hands. The virus gets on them in the same

way it gets on your hands. Also, your hands can get contaminated when you take them off. Gloves are generally not required for infection prevention and control and are not a substitute for hand hygiene. Disposable gloves are worn in medical and research settings. They are not as effective in daily life. Wearing disposable gloves can give you a false sense of security. You might:

- Sneeze or cough into the gloves - this creates a new surface for the virus to live on
- Contaminate yourself when taking off the gloves or touching surfaces
- Not wash your hands as often as you need to and touch your face with contaminated gloves.



### CATERING/EATING AT RCSI

The catering provider for the St Stephen's Green campus and Beaumont

Smurfit Building is Chartwells catering. There are three restaurant facilities in St Stephen's Green Campus (1784, Remedy and the Dispensary) and one in Beaumont Smurfit Building (Bean Lab). Chartwells will provide a reduced service on all sites. There are catering facilities onsite in Croke Park, managed by Croke Park for students and staff located at this satellite campus. For all locations students and staff utilising the restaurant facilities are asked to:

- Follow all guidance and signage with respect to physical distancing and hand hygiene
- Follow the signposted queue management system and distance markings to avoid queues at food counters, tray return points and checkouts
- Use contactless payment where possible
- All food and beverages will be served in eco-friendly disposable containers (no crockery or stainless steel cutlery - biodegradable cutlery will be available) and **your own reusable cup will not be accepted.**



### USE OF COMMUNAL SHARED SPACES AT RCSI

Communal staff and student common areas are located across all sites in RCSI. The following measures will be

implemented in an effort to reduce the spread of COVID-19 in these shared spaces:

- Distance markings will be clearly displayed in all communal areas within the University and staff and students are asked to adhere to the appropriate physical distancing guidelines
- The total occupancy for each communal room will be clearly signposted and all are asked to comply with these occupancy guidelines
- Seating will be removed to facilitate physical distancing
- In an effort to reduce touch points self service coffee and tea making facilities will be removed
- Microwaves, toasters and hot water dispensers will remain in place and hygiene products (sanitising sprays and wipes) will be provided
- Staff and students will be expected to wipe down anything that they have come in contact with prior to and after use
- People are not to share objects that touch their mouth, for example, bottles or cups. Crockery and cutlery will be removed from common rooms.

## Contact Tracing - Personal Logs

Similar to the collective effort at a national level to diminish the spread of COVID-19, each individual that attends campus has an important role to play in keeping the RCSI community safe and healthy. In the unfortunate event of an infection incident within the RCSI community, ensuring rapid contact tracing will be vital to prevent further infections.

To enable this, students and staff are requested to download Ireland's national **Covid Tracker App** which has been set up by the health service to allow for quick and effective contact tracing. The app is available for download once you are in Ireland. Please also keep a personal log of all persons that could be classified as a close contact.

As per HSE guidance, close contact can mean spending more than 15 minutes face-to-face contact within 2 metres of an infected person in any setting. Students and staff are encouraged to devise the best personal method to maintain this log but suggestions include a written or electronic diary log.

If you are notified that you have been in close contact with someone who has:

- Tested positive for COVID-19
- Who is being tested for COVID-19
- Who has concerning symptoms

you should stay home and **restrict your movements**. This means avoiding contact with other people and social situations as much as possible. Please contact your SARA coordinator to notify them.



## Getting to and from RCSI

Students and staff rely on a variety of modes of transportation to commute to the University. It is understandable that many would have a preference to commute in a manner that avoids modes of public transport, be that by car, walking or cycling. However, for many commuting to campus, avoiding public transport is not an option. Each of us will make our own decisions to devise the safest and best way to get to the University.

### BICYCLE PARKING

Bicycle parking on campus is in the following locations:

- RCSI House, 121/122 SSG car park
- 123 SSG at end of railings on York St
- No. 26 York St. at back of building (via Cuffe lane)
- Reservoir House, Sandyford – at back of building
- Beaumont Smurfit Building – at front of building
- Croke Park at the car park entrance
- In other locations such as hospital sites there may be public bicycle parking facilities available to use.

### CAR PARKING

Car parking is available through public car parks near to certain campus locations:

- SSG Campus – Q Park is available on Mercer St. RCSI staff and students can avail of a daily discount of €11. New application form in **Appendix 4**
- Beaumont Smurfit Building – Beaumont Hospital has a public car park. Go to [www.qpark.ie](http://www.qpark.ie) for further details
- Reservoir House, Sandyford – contact your SARA/course coordinator
- Connolly Hospital campus – public car parking available
- Croke Park – parking is available on the grounds of Croke Park.

If you are driving to work in your own private car, please try to avoid car sharing/pooling if possible with the exception of persons who you live with.

### PUBLIC TRANSPORT

For those of us using public transport, we are asked to adhere to all public health guidance, including the requirement to wear face coverings and maintaining physical distancing when traveling through public spaces. Please review guidance from the **National Transport Authority website**, which has the most up to date transport information and guidance for safe travel.

No matter the mode of transport used, once students and staff arrive to campus there is a requirement to complete hand washing/hand sanitising before moving through the campus. Ideally hand washing with soap and water is preferable to using sanitiser, but sanitiser will be available for use in multiple locations.





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# SECTION

# 3

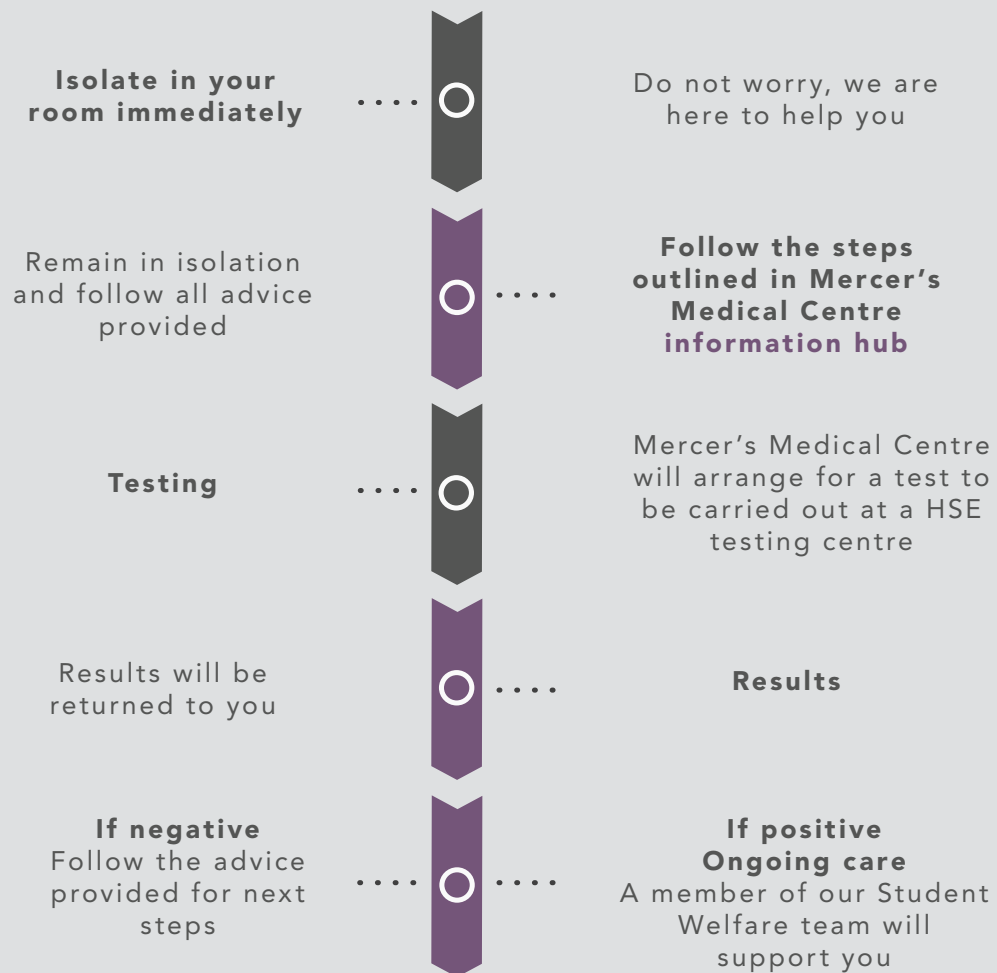
# SUPPORTING OUR STUDENTS



National  
Surgical & Clinical  
Skills Centre

Surgical and Clinical Skills Laboratory  
Supported by Johnson & Johnson  
Family of Companies

## LOOKING AFTER YOU IF YOU BECOME UNWELL AT ANY STAGE





**REDUCING THE RISK OF COVID-19:**  
Where possible, we are aiming to place students that live together in the same clinical rotations. This will help reduce the spread of COVID-19 if any students contract the virus. To assist with obtaining this information, before you arrive on campus RCSI will reach out to you to obtain information about your accommodation plans for the year ahead.

## COVID-19 Testing and Contact Tracing

As a world-class higher education institution we are committed to nurturing and caring for our students. As part of our measures to protect them, COVID care for students will be coordinated by RCSI's primary care facility, **Mercer's Medical Centre**. There will be no charge for any aspect of COVID care. In our commitment to our students well-being, RCSI will:

- have a free of charge, 24/7 GP/family physician service
- use a specifically trained team to guide you to the relevant health professionals should you have any symptoms or concerns in relation to COVID-19
- have a mandatory online training course for all staff and students on how best to minimise infection spread and protect us all
- arrange for all Undergraduate students to have access to COVID-19 testing as clinically indicated, through our RCSI's primary care facility, Mercer's Medical Centre.

Students are requested to download Ireland's national **Covid Tracker App** which has been set up by the health service to allow for quick and effective contact tracing. The app is available for download once you are in Ireland. You are also asked to keep a personal log of all persons that could be classified as a close contact.

## Support from RCSI if a student becomes unwell

Supporting students if they become ill is a priority for RCSI. As a returning student, you will already be registered with the RCSI Mercer's Medical Centre and have access to free general practice (GP) healthcare. We have put in place additional resources at RCSI Mercer's Medical Centre to ensure that all students have rapid access to medical care, should they require it during their time at RCSI.

As part of the student registration process all students will be asked to sign a RCSI COVID-19 Health Management Programme Agreement. The agreement is necessary so that we will have the information we need to ensure that we can provide all necessary healthcare and support to students.

### STUDENTS WILL BE ASKED TO:

- Agree to comply with Irish Government and RCSI COVID-19 policies.
- Agree to provide us with your contact details and a contact detail of a family member, parent and/or guardian so that we can keep them informed in the event you become sick and wish us to keep them informed on your behalf.
- Agree to take self-responsibility to check your symptoms as required and follow RCSI guidelines which best protect you, your fellow students, clinical colleagues, staff and patients.
- Agree to contact the RCSI Student Welfare team should you become unwell or are worried in any way and we can advise you accordingly.





If a student becomes COVID-19 symptomatic, they should self-isolate immediately and follow the advice outlined on **Mercer's Medical Centre information hub** for students in the following circumstances:

**FOR MILD SYMPTOMS** (e.g. slight fever, cough, sore throat, loss of taste or smell)

- Complete the **Mercer Medical Centre's COVID form**
- Mercer's Medical Centre will contact you within 24 hours for a telephone consultation
- A test will be arranged if required at a community testing hub convenient to your accommodation

**FOR SEVERE SYMPTOMS** (e.g. very high fever and feeling unwell or shortness of breath)

- Contact Mercer's Medical Centre on 01 402 2300 or for out-of-hours contact **DubDoc** on 01 454 5607
- A telephone consultation will be completed
- A test will be arranged if required at a community testing hub convenient to your accommodation

**All students should contact your Programme Coordinator to advise them you are self-isolating.**

Every effort is being made by RCSI to minimise the likelihood of COVID-19 infection among our students, staff and clinical sites, but there can be no guarantee that an individual student will not become infected. In the event that a student tests positive for COVID-19, RCSI will remain in close contact with the student. This will include contact from RCSI's Student Welfare team. In the rare case that a student is hospitalised due to COVID-19, the Irish Government has confirmed that all acute healthcare needs of international students will be provided free of charge to the student.

A trained professional from the Student Welfare team will act as the liaison between medical staff and the student's nominated family member, parent/sponsor, to advise them their son/daughter has been hospitalised. They will be able to offer reassurance of the care being provided and the current stage of the illness.

The Student Welfare team will continue to keep in touch with both the student and parent/sponsor for the duration of the hospital stay.

## APPENDICES

### APPENDIX 1 – Suggested Packing List

Please find a suggested packing list. This list includes some essential items that you will need to bring with you so you have them for the self-isolation period as you will not be able to leave your home:

#### Essentials

- A laptop and your RCSI log in details
- RCSI Student ID Card
- Face coverings
- Hand sanitiser (travel size, important for your flight)
- Medication
- For your room: duvet, pillows, bed linen, towels etc
- Personal thermometer

#### Clothing

- Clothing: everyday wear, sportswear, professional attire for exams and hospital rotations
- Footwear: boots, trainers, slippers, formal footwear etc.
- Winter wear: warm coat, rain jacket, scarf, hat, gloves
- Your RCSI white coat
- RCSI hoody / other personal items

#### Electrical items

- Adaptor(s)
- Device chargers
- Headphones
- Mobile phone
- Personal entertainment; games console, portable speaker, kindle, ipad etc
- USB TV Stick (Chromecast/Amazon Fire)

#### Miscellaneous items

- Backpack/Gym bag
- Personal exercise mat
- Drinking water bottle
- Hot water bottle
- Religious text
- Stationery for study
- Thermos
- Umbrella

#### Important Documentation

- Accommodation contract/important information/insurance
- **Bank debit card**
- Important document, saved on your device or printed if applicable: student finance, scholarship or bursary letters
- **Insurance documents**
- Passport photos
- Prescription copies
- **Vaccination history**
- Valid passport and/or driver's license (ID)
- Student discount cards

### APPENDIX 2 – At risk groups

#### EXTREMELY VULNERABLE:

1. Solid organ transplant recipients.
2. People with specific cancers:
  - a. people with cancer who are undergoing active chemotherapy
  - b. people with lung cancer who are undergoing radical radiotherapy
  - c. people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
  - d. people having immunotherapy or other continuing antibody treatments for cancer
  - e. people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
  - f. people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD)
4. People with rare diseases that significantly increase the risk of infections (such as SCID, homozygous sickle cell)
5. People on immunosuppression therapies sufficient to significantly increase risk of infection
6. Women who are pregnant with

significant heart disease, congenital or acquired

#### VULNERABLE

1. aged 70 or older (regardless of medical conditions)
2. under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab as an adult each year on medical grounds):
  - a. chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - b. chronic heart disease, such as heart failure
  - c. chronic kidney disease
  - d. chronic liver disease, such as hepatitis
  - e. chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
  - f. diabetes
  - g. a weakened immune system as the result of conditions, or medicines such as steroid tablets
  - h. being seriously overweight (a body mass index (BMI) of 40 or above)
  - i. pregnant women



## APPENDICES

### APPENDIX 3 – RCSI Student Welfare Supports

The CoMPPAS Student Welfare team provide confidential one-to-one support and advice for students at RCSI. The service is Social Worker led and is here to help students reach their full potential and overcome any challenges that they may meet in their time at RCSI. There are three Student Welfare officers in full time employment with RCSI.

#### We aim to:

- Provide a compassionate, inclusive and student centered service
- Promote positive mental health among the RCSI student body
- Implement personalised support plans collaboratively with students based on individual needs
- Promote the rights of the students and advocate on their behalf

#### We are here to help

We provide individual consultations with students, run workshops and student events. We also help students to access support from other helpful services, like counselling.

#### We can help with

- Strategies for positive mental health
- Self Care
- Adjustment support, for settling into student life
- Academic related issues
- Feeling overwhelmed or anxious
- Making a plan to overcome any difficulties you may be facing

### APPENDIX 4 – RCSI SSG car park application form

#### TOP-UP CARD APPLICATION FORM

Car Park: \_\_\_\_\_ Card No.: \_\_\_\_\_

Commencement Date: \_\_\_\_\_

Purchase Price (Inc. Vat): \_\_\_\_\_

Payment Method:

Cash ☐

Invoice ☐

Credit Card ☐

#### CARDHOLDER DETAILS:

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Vehicle Registration Number: \_\_\_\_\_

Vehicle Model: \_\_\_\_\_ Colour: \_\_\_\_\_

How did you hear about our Top-Up card?

Radio ☐ Press ads ☐ Friend ☐ In our car park ☐

Other ☐ (Please specify) \_\_\_\_\_

I hereby apply for a Top-Up card for parking in the above car park and agree to accept the terms and conditions of parking of which I have full knowledge. I also understand that no refund or credit will be given for any amount in the event that the Top-Up card is not used.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Signatory (BLOCK CAPITALS):

\_\_\_\_\_

Please complete the above application form indicating the value required, and present it at our Customer Service desk, together with the purchase price. One of our Customer Service team will be happy to answer any questions you may have and to demonstrate how to use the card.



## Contact us

If you have any queries please contact us:

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**Email:** [deansoffice@rcsi.ie](mailto:deansoffice@rcsi.ie)

For more information about us visit [RCSI.com](http://RCSI.com)