

January 14th 2022

Covid-19 update

As we continue to work safely together and manage our Covid-19 risks, here are some useful reminders and an overview of the new information and guidance provided by Government with regard to what to do in the event that you are symptomatic or a close contact. This information is correct as of January 14th 2021 but may change quickly. The most up to date information may be found at <https://www2.hse.ie/conditions/covid19/>

Reminder: The most common symptoms of COVID-19 (coronavirus) are:

- fever (high temperature - 38 degrees Celsius or above) - including having chills
- dry cough
- fatigue (tiredness)

COVID-19 symptoms can be like symptoms of cold, flu or hay fever.

Less common symptoms of COVID-19 include:

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| <ul style="list-style-type: none"> • loss or change to your sense of smell or taste – this could mean they're completely gone or just different to normal • nasal congestion (runny or blocked nose) • conjunctivitis (also known as red eye or pink eye) | <ul style="list-style-type: none"> • sore throat • headache • muscle or joint pain (aches and pains) • different types of skin rash • nausea or vomiting • diarrhoea • chills or dizziness |
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Please do not come to campus if you have symptoms of Covid-19 or if you have been told to isolate/restrict movements.

If you have any symptoms of Covid-19, self-isolate and consult the HSE website to ascertain what you need to do: <https://www2.hse.ie/conditions/covid19/testing/get-tested/>

Symptomatic – stay at home/isolate

	Masks	Restricted Movement	Testing	Duration of testing
Aged 40 or over	FFP2 or Medical/Surgical mask	Stay at home & self isolate	Seek an RT-PCR test if aged 40 years and older or are immunocompromised or in risk groups	
Aged 4-39 years	FFP2 or Medical/Surgical mask	Stay at home & self isolate until 3 x tests over 3 days are negative and 48 hours since their symptoms have substantially or fully resolved.	3 x RADTs over three consecutive days. The first test should be performed as soon as possible. If all three tests are negative, and if it is 48 hours since their symptoms have substantially or	Test until negative

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		Then follow advice for asymptomatic close contacts.	fully resolved, they can exit self-isolation. Any individual with a positive RADT is a confirmed COVID-19 and must register it with the HSE. A confirmatory PCR test is not required.	
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Am I a close-contact?

You can become a close contact in two ways:

You are a household close contact if you:	You are a non-household close contact if:
<ul style="list-style-type: none"> live or sleep in the same home as a person who has tested positive use a kitchen or bathroom in shared accommodation with a person who has tested positive are a sexual partner of a person who has tested positive 	<p>You and someone who has had a positive PCR test have been within 2 metres of each other for more than 15 minutes in total in 1 day. When someone tests positive for COVID-19, their close contacts include people they were in close contact with in the:</p> <ul style="list-style-type: none"> 48-hour period before they developed symptoms 24-hour period before their test, if they did not have symptoms <p>It does not include people they saw briefly and did not touch. For example talking to someone for a few minutes more than 2 metres apart.</p>

What should I do if I am a close contact?

	Masks	Restricted Movement	Testing	Duration of testing
Asymptomatic				
Boosted	FFP2 or Medical/Surgical mask x 10 days	0 days	Regular antigen tests over 7 days	7 days
Not boosted	FFP2 or Medical/Surgical mask x 10 days	7 days	Regular antigen tests over 7 days with last test on 7 th day	7 days

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			of restricted movement	
Not vaccinated	FFP2 or Medical/Surgical mask x 10 days	7 days	Regular antigen tests over 7 days with last test on 7 th day of restricted movement	7 days
Those who have recovered from COVID-19 following a positive PCR or antigen test carried out since December 1st 2021	FFP2 or Medical/Surgical mask x 10 days	No requirement	No requirement	No requirement
Note: Surgical masks are disposable masks with 3 layers that are CE marked. The masks supplied to IT Carlow meet this standard.				

What should I do if someone in my house is a close contact?

If you live with someone who is restricting their movements, you do not need to restrict your movements as long as they:

- do not have any symptoms of COVID-19
- do not get a positive antigen result

What should I do if I test positive on an antigen test?

If you test positive on an antigen test you should follow the guidance for asymptomatic close contacts above.