



Reported Symptoms Procedures for Dublin Students

What are the symptoms of COVID-19?

- **A high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **A new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse)
- **A loss or change to your sense of smell or taste** – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal
- **Fatigue** (tiredness)

How do I get a test for COVID-19?

If you have symptoms of Covid-19 you should self-isolate until 48 hours after your symptoms end. From 28 February, you will no longer need a Covid-19 test if you have symptoms, unless any of the following apply:

- You are 55 or older, and have not reviewed your booster vaccination
- You have a high-risk medical condition or you are immunocompromised
- You live in the same household or provide care and support for someone who is immunocompromised
- You are pregnant

Please note anyone experiencing symptoms of Covid-19 should self-isolate until 48 hours after symptoms end and follow all public health advice provided by the HSE (Health Service Executive). This includes individuals who are fully vaccinated and have received their booster vaccination.

Further information on current testing protocols in Ireland can be found: <https://www2.hse.ie/conditions/covid19/testing/get-tested/>

FIE can support students in contacting a GP for a phone consultation or in helping students access information around testing, but please first follow the above link and read the up-to-date information.

If you develop symptoms of Covid-19 or test positive, it is important that you [notify FIE](#) as soon as possible, so that we can provide you, and anyone that you may have been in contact with, with the appropriate [support and assistance](#).

Can I get a test if I do not have Covid-19 symptoms?

If you do not have symptoms of Covid-19, you can only get a free HSE test if you have been asked to get a test by the HSE or a local authority.

If you would like to get a PCR or antigen (lateral flow, LFD) test for Covid-19 but do not meet the current criteria for a free test, you can pay for a private test. The government maintains a list of [private providers here](#), although you should conduct your own research about the providers.

HSE tests (PCR, rapid lateral flow) are not accepted as proof of a negative test result for personal travel. If your destination or travel provider requires a negative Covid-19 test result, you must pay for this test via a private provider.

What if I do not have symptoms, but test positive?

You should self-isolate for 7-days if you test positive, even if you do not have symptoms. You should wear a [medical grade or FFP2 mask for 10-days following a positive test](#).

If you test positive for Covid-19, it is important you report or register the test with the appropriate authority, and follow any further guidance provided by your test provider, the HSE, the Irish government, or any other authority.

You must [notify FIE](#) immediately if you receive a positive lateral flow (antigen) or PCR test result.

What if I am identified as a close contact?

Protocols for close contacts vary depending on individual circumstances. If you are contacted by the HSE or any local authority and notified that you are a close contact you must follow their directives; this could include self-isolating, taking a Covid-19 test, or providing them with information regarding your recent contacts. If you are contacted by a local authority, you must [contact FIE](#) to notify them as well.

Healthcare workers identified as household close contacts are required to take repeat antigen tests, unless recovered from Covid-19 in the previous three months. Other close contacts are not currently required to test if asymptomatic, and all close contacts should self-isolate if symptoms develop.

How do I self-isolate?

Self-isolation (stay in your room) means staying indoors and completely avoiding contact with other people, including the people you live with. It can sometimes be called self-quarantine. You should self-isolate if/when there is a risk you could spread Covid-19 to others.

You should remain in your bedroom for the duration of your self-isolation period, only using shared facilities such as kitchens and living areas when absolutely necessary. If you do need to use shared facilities, you should do so only when other people are not using them and you should thoroughly clean these facilities before and after you have used them. You should wear a medical grade or FFP2 mask whenever you are around others, and wash your hands thoroughly and regularly.

During self-isolation do not go outside. Only leave your home if you need urgent medical attention, such as going to hospital.

Further information on how to self-isolate can be found on the HSE webpage, [Self-Isolation](#).

It is important that you [notify FIE](#) as soon as possible, so that we can provide you with the appropriate [support and assistance](#).

How do I notify FIE?

To notify FIE, contact the 24 hour FIE number **by dialing +353 1 679 8171** from an international number or **01 679 8171** from an Irish mobile or landline.

Please additionally email fiedublin@fie.org.uk and include the following information:

- **If you tested positive for Covid-19** - the date you received the positive test result, as well as, if applicable, the date that you started to experience Covid-19 symptoms
- **When you started experiencing symptoms** – the date and time that you started to experience any symptoms (if you are unsure, just include an approximate timeframe)
- **If you applied for a test** – the date and time that you submitted you were given a test recommendation by the GP (if you have not yet applied for a test, please include this in your email)

After we have received your communication, a member of the FIE Dublin team may notify any relevant parties, such as your home and Irish institutions, and Binary Hub teams. If you can do so, you are still expected to communicate directly with your Irish institution faculty and (if applicable) your internship site supervisor.

What support and assistance is available from FIE?

- **Cleaning** – Laundry and trash will need to remain in your room during self-isolation. We will contact you with details on how to store these and will provide extra bags as needed. FIE can provide you with cleaning products to use in your room and shared facilities, such as kitchens.
- **Deliveries** – Many major Irish stores such as [Supervalu](#) and [Tesco](#) offer online deliveries, so you can order groceries, household goods, or other items, directly to your residence. FIE can assist with deliveries if they are arranged for weekdays between the hours of 9am - 4pm. Once the order has been placed, email fiedublin@fie.org.uk with the details and we will arrange for a member of staff to collect the items at the main door of your residence, and bring them to your door.
- **Health & Wellbeing** – While you are self-isolating, FIE will remain in contact with you regularly. We will offer video calls where you can speak to a member of the FIE Dublin team about how you are feeling, or just have a friendly chat. Stay connected with your Irish institution faculty and (if applicable) site supervisor regarding your class and internship work and inform them if you need any additional support. You can also arrange a free appointment with MyMind, FIE Dublin's qualified and accredited counselor service – simply email fiedublin@fie.org.uk to ask for an appointment. A list of further resources and helpful support services are available [here on our website](#).

Sources and further information:

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

<https://www.gov.ie/en/publication/3361b-public-health-updates/>

https://www.citizensinformation.ie/en/health/covid19/covid19_isolation_and_restricting.html