



Information on COVID-19 (Coronavirus) for people who have come to Ireland from other countries including visitors, students and workers



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There is an ongoing outbreak of a novel Coronavirus which began in China. Infections have been reported in several other countries. Affected areas where COVID-19 is circulating in the community [are available on HSE.ie](#).

The HSE HPSC is monitoring the situation and updating its website www.hpsc.ie daily.

Coronaviruses

Coronaviruses are a large group of viruses that can cause illnesses. Some of these illnesses are very mild, like the common cold, while others are more severe, like SARS (Severe Acute Respiratory Syndrome).

COVID-19 (Coronavirus)

A “novel coronavirus” means a new type of coronavirus that has never been seen in humans before. The coronavirus recently identified in China is one of these. The infection caused by this new coronavirus is named COVID-19.

Symptoms of COVID-19

It can take up to 14 days from exposure to the virus for the symptoms of COVID-19 to appear. These symptoms include:

- Fever
- Cough
- Shortness of breath

Treatment of novel coronavirus COVID-19

There is no specific treatment for COVID-19 at present, but the symptoms of the virus can be treated.

How to protect yourself from novel coronavirus COVID-19

- [Wash your hands often with soap and water](#) or use an alcohol based hand rub
- [If you are coughing or sneezing, cover your mouth and nose with a tissue](#). Throw the used tissue away into a closed bin, and wash your hands. If you don't have a tissue, cough or sneeze into your flexed (bent) elbow.
- Avoid close contact with anyone who you know has cold or flu symptoms.
- Check the [travel advisories from the Department of Foreign Affairs](#) prior to arranging travel abroad.

Advice for visitors/students and workers returning to Ireland

If you;

- have not been in [an affected area where COVID-19 is circulating](#) in the last 14 days
AND
- have not been in contact with a person with novel coronavirus
AND
- have not attended a healthcare facility where patients with novel coronavirus are being treated in another country

Then no specific measures are needed.

IF WITHIN THE LAST 14 DAYS;

- you have been in [an affected area where COVID-19 is circulating](#)
OR
- have been in contact with a person diagnosed with novel coronavirus
OR
- have attended a healthcare facility where patients with novel coronavirus are being treated
AND
- if you are unwell with symptoms of fever, cough, shortness of breath follow this advice:

If YOU ARE <u>UNWELL</u> (fever, cough, shortness of breath)

If you develop symptoms of fever, cough, or shortness of breath you should:

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| <ul style="list-style-type: none">- Stay at home- Not go out to public places- Not go to college/university or work- Please phone your GP or student health service (for students) for medical advice, rather than turning up in person. If you do not have a GP phone the Emergency Services on 999 or 112 and ask for the National Ambulance Service.- Make sure that, when you phone, you mention that you have recently travelled or had possible exposure to COVID-19. The health services will arrange for you to get medical help. |
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IF WITHIN THE LAST 14 DAYS;

- you have been [an affected area where COVID-19 is circulating](#)

OR

- have been in contact with a person diagnosed with novel coronavirus

OR

- have attended a healthcare facility in another country where patients with novel coronavirus are being treated

AND

if you are well without any symptoms of fever, cough, shortness of breath follow this advice:

If YOU ARE <u>WELL</u> (no fever, cough or shortness of breath)	
Visit the HSE website for advice and information on COVID-19.	
For people who have been in an affected area where COVID-19 is circulating in the last 14 days and are well: <ul style="list-style-type: none">- there is no need for quarantine (you do not need to be kept separate from others)- You can attend college/university or work¹ as normal Watch out for symptoms of respiratory illness for 14 days. If you develop any symptoms you should <u>phone</u> your GP/student health service/Emergency services for advice. Tell the doctor what symptoms you have and where you have travelled.	For people who have been in contact with a person diagnosed with novel Coronavirus, or attended a health care facility in another country where cases were treated: <ul style="list-style-type: none">- Phone the HSELive helpline on callsave 1850 24 1850 for advice.

INFORMATION POSTERS FOR HIGHER EDUCATION SETTINGS ARE AVAILABLE ON [GOV.IE](#)

¹ Healthcare workers are advised to contact their local [Department of Public Health](#) and their occupational health department for further advice

Guidance for Ireland is based on guidance from the European Centre for Disease Prevention and Control (ECDC) and the World Health Organization, and has been developed by the National Public Health Outbreak Response Team.

An Expert Advisory Group, which includes experts in Public Health Medicine, Infectious Diseases, Infection Prevention and Control and Virology has been established which provides expert scientific advice relating to novel coronavirus, including the review of current guidance.