

**From:** Byrne, Michael (Dr.)  
**Sent:** Friday 28 February 2020 15:20  
**Subject:** Covid-19 Update:

Dear All,

**Important advice and actions recommended for those returning to Ireland from Affected Areas:**

COVID-19 is emerging in a wide number of countries with sporadic cases occurring throughout Europe and the rest of the World.

An "Affected Area" is defined and designated as an area, region or country where there is evidence of *sustained community person to person transmission of the virus/disease*.

The HSE and HPSC provide advice informed by the European Centre for Disease Control and recommended actions for all persons who are returning to Ireland from one of these **Affected Areas**.

For those departing from overseas and planning to return to Ireland, or who are within 14 days of returning to Ireland, in advance of your return, or if you've returned already, you should:

1. Check the advice and recommendations of the Health Authorities of the country you are leaving to ensure you are familiar with their advice and any precautions they advise
2. Check <https://www2.hse.ie/conditions/coronavirus/advice-for-people-returning-from-affected-areas.html> and **follow the recommended actions**
3. Check [www.ucc.ie/en/studenthealth/flu](http://www.ucc.ie/en/studenthealth/flu) for further local advice and contact numbers for returning travellers, with Table 6 providing **a flowchart** to help you better understand the recommendations. There are a number of helpful **FAQs** which answer questions posed by UCC students and staff on this web-page as well.
4. Continue to practice good respiratory hygiene, cough etiquette and hand-washing practices and outline on [www.ucc.ie/en/studenthealth/flu](http://www.ucc.ie/en/studenthealth/flu)
5. Continue to monitor the advice and recommendations on the above web-sites, as some recommendations may change on a daily basis.

**Travel advisory notice for those planning to travel overseas from Ireland.**

The travel advisory note in the e-mail below continues to apply.

Please check [www.dfa.ie](http://www.dfa.ie) for their current travel advisory note for the country(ies) you are planning to visit.

**Infection Control Notices**

A reminder to local units and offices to download and post the posters below in their own offices to encourage adoption and continuance of good infection control practices:

<https://www.hse.ie/eng/about/who/healthwellbeing/infectcont/sth/gl/section-3-app-3-8.pdf>

<https://www.hpsc.ie/a-z/respiratory/influenza/seasonalinfluenza/infectioncontroladvice/respiratoryhygieneposters/Primary%20Irish.pdf>

**Protective Equipment**

As some staff members have asked about the use of facemasks at present, we would draw your attention to the following FAQ which is published on the Student Health website:

*Q: Do I need to wear a facemask to protect me from COVID-19?*

A: The WHO has produced guidance on the use of facemasks during the COVID-19 outbreak. For members of the general public in the community setting who are feeling well and do not have respiratory symptoms (e.g. cough, fever, shortness of breath), facemasks are not recommended because there is no evidence that using masks in this setting is of any benefit in people who are not sick. In line with the WHO guidance, the HSE is not recommending use of facemasks for people in the community setting who are feeling well and do not have symptoms. The most important action that these people can take to protect themselves from COVID-19 is regular hand-washing and good respiratory hygiene (see FAQ 8 on HPSC webpage ).

Regards,

Dr. Michael Byrne, Head of Student Health Services & Mr. Keith Burke, Deputy Corporate Secretary