

Coronavirus COVID -19 – FAQ

What is Coronavirus – COVID-19?

Coronaviruses are a family of viruses which can cause illness in animals or humans. In humans, coronaviruses can cause respiratory infections such as common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID – 19. This new disease was first discovered in December in the Wuhan region of China.

How is Coronavirus – COVID-19 spread?

Coronavirus – COVID – 19 is spread in the same way as other viruses are spread – through small droplets released by coughing or sneezing or by touching contaminated surfaces such as door handles, handrails etc and touching your mouth and eyes when the virus is on your hands.

What are the symptoms of Coronavirus – COVID-19?

It can take up to 14 days for symptoms of coronavirus to appear.

The most common symptoms of coronavirus are:

- A cough – this can be any kind of cough, not just dry
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)

If you have any of these symptoms and have [been to a region where there is a spread of the coronavirus, read this advice.](#)

How to protect yourself and others from Coronavirus – COVID-19?

To protect yourself and others from coronavirus – COVID-19 it's important to follow this advice as strictly as possible and encourage others to follow this advice also.

Do

- [Wash your hands properly and often.](#)
- Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- Put used tissues into a bin and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are not well.
- [Follow the travel advice from the Department of Foreign Affairs.](#)
- Stay at home if you are sick to help stop the spread of whatever infection you may have.

Don't

- Do not touch your eyes, nose or mouth if your hands are not clean.
- Do not share objects that touch your mouth – for example, bottles, cups.

Should I avoid travelling to certain countries?

CCT College advises against all non-essential travel to countries/regions affected by coronavirus – COVID-19.

Any student or staff member that has recently (within 14 days) returned from a high-risk region as defined by the HSE should remain away from the college for 14 days. As of now, this includes China, Hong Kong, Singapore, South Korea, Iran, Japan or the regions of Italy which are now designated as high risk by the HSE or the Italian government. These include: Lombardy, Modena, Parma, Piacenza, Reggio Emilia, Rimini, Pesaro and Urbino, Alessandria, Asti, Novara, Verbano Cusio Ossola, Vercelli, Padua, Treviso and Venice. If other countries are added, those coming from these new areas should also stay away from college.

The most current information is available from the [Department of Foreign Affairs](#)

A dashboard highlighting areas affected by coronavirus – COVID-19 can be found [here](#).

If you have recently travelled to an affected region please follow HSE [advice](#) or alternatively call HSE Live 1850 24 1850

You can contact studenthealth@cct.ie, all communication will be treated with upmost confidentiality.

I am concerned about the impact of coronavirus – COVID-19 on my studies

As of 6pm, Thursday 12 March 2020 – Sunday 29th March 2020 the college has suspended all face to face taught provision.

However, this does not mean that learning and assessment stops. The College is in the process of effecting contingency plans to deliver tech enabled provision in an accessible way for staff and students from Monday 16th March 2020 (classes on Thursday 12th March evening, Friday 13th March daytime have been postponed with more info to follow. Also, part time professional Diploma programmes are postponed on the evening of Monday 16th March). CCT will strive to ensure that the normal schedule of classes will be adhered to using remote access over any period the College campus is not open because of the virus outbreak.

We will be in touch with you soon regarding classes and next steps.

What does this mean for now?

1. All campus related facilities including library services are suspended for this recommended period until 29th March 2020.
2. All student social and sports related activities are suspended until further notice
3. All staff are contactable as normal by email
4. The College has set up studenthealth@cct.ie email address for any confidential disclosures or indeed any correspondence related to COVID-19 or any individual's health concerns, staff or students.
5. We will be making every effort to ensure continuity of learning, support, and communication for you
6. To all students, please check your email and Moodle daily and as you would normally

Will the outbreak affect my exams?

The college is closely monitoring the situation and putting in place contingency plans in relation to assessments.

If I need to self-isolate who should I contact regarding my course?

Please contact studenthealth@cct.ie for more information if you have been to an affected country and region and are required to self-isolate.

Am I in an at-risk group and is so what should I do?

There are some groups of people who may be at more risk of serious illness if they catch coronavirus. Please see the [HSE website](#) for more information about at-risk groups.

If you are in one of these groups please contact studenthealth@cct.ie for more information regarding your programme.

What Should I do if I cannot access Moodle?

You can email Kathleen at kathleen@cct.ie