If you, or someone in your classroom, develop any of the symptoms of COVID-19 while on campus contact:

**Limerick Campus:**
T: 086 0664917  
E: CovidManagerLimerick@mic.ul.ie

**Thurles Campus:**
T: 086 0664920  
E: CovidManagerThurles@mic.ul.ie

Please remain in place until otherwise instructed.
MIC STUDENT CAMPUS SAFETY PROTOCOL

CONTENTS
1.0 Introduction to the MIC Student Campus Safety Protocol 1
1.1 Overview of COVID-19 2
1.2 Transmission of COVID-19 3
1.3 COVID-19 Protective Measures 4
1.4 Vulnerable Students 6

2.0 MIC Campus Protocols and Changes 7
2.1 Hand Sanitising and Use of PPE Equipment 7
2.2 Wash your hands and minimise contact with surfaces 8
2.3 Cover your mouth/nose 8
2.4 Don’t stand too close 9
2.5 Face coverings are required on campus 9
2.6 COVID-19 contact tracing 10
2.7 Cleaning, sanitising and disinfecting 11
2.8 Dining 11
2.9 One-way “Traffic Flow” system 12
2.10 Increased signage 13
2.11 Water Fountains 13
2.12 Reduced communal spaces 13
2.13 Elevator and Stairwell Use 14
2.14 A suspected case of COVID-19 on Campus 14
2.15 What to do if you have (a) been told to quarantine or (b) have had close contact with someone who has COVID-19 17
2.16 What to do if you test positive for COVID-19 19
2.17 Returning to Campus post COVID-19 or post exposure to COVID-19 19

3.0 MIC Student Supports 19
3.1 Academic Learning Centre (ALC) 19
3.2 Access and Disability 21
3.3 An Seomra Caidrimh 22
3.4 Chaplaincy 23
3.5 Counselling 24
3.6 Gender Orientation Support 26
3.7 Healthy Campus 25
3.8 Medical Centre 26
3.9 Student Parent Support Service 28
3.10 Other Useful Contacts 29

FAQ’s on Face Coverings 30
1.0 Introduction to the MIC Student Campus Safety Protocol

As Director of Student Life at Mary Immaculate College (MIC), I want to extend my sincere congratulations to our new first years and welcome each of you to campus. I would also like to welcome our returning students as we start our new academic year.

MIC comprises of two campuses, MIC Limerick and MIC Thurles, and is deeply committed to providing students with a broad high-quality learning experience. Working closely with you and across the College community, we aim to provide services, activities, and resources that support the College’s educational enterprise while also supporting you personally as you learn, grow, and change through this time.

The purpose of the MIC Student Campus Safety Protocol is to outline, in a centralised place, how MIC will operate the various protocols in place, and to inform students about the range of measures the College has implemented to help prevent the spread of COVID-19.

When you accepted the College’s offer of admission, you agreed to abide by the College’s policies and protocols. Please do take the time to read the MIC Student Campus Safety Protocol, Programme Handbooks, School Placement Handbook and the Student Handbook.

Please note that Programme Handbooks, School Placement Handbooks and the Student Handbook are updated regularly throughout the academic year and the most up-to-date versions will be posted on the College website.

These policies and the expectations we have to support and respect each other are core components of our educational community. We would request that all our students note carefully all the information provided and please check the MIC website regularly for updates.

I look forward to getting to know you in this coming year as we work together to ensure that your undergraduate experience at MIC is deeply rewarding and enriching.

Dr Geraldine Brosnan
Director of Student Life
1.1 Overview of COVID-19

Infection with COVID-19 (or Coronavirus) can cause illness, ranging from mild to severe, and, in some cases, can be fatal. It can take anything from 2 to 14 days for symptoms to appear. COVID-19 symptoms vary from person to person. According to the HSE, reported illnesses have ranged from mild symptoms to severe flu-like illness and death for confirmed COVID-19 cases.

It is very important for MIC students to behave responsibly and actively engage in symptom monitoring and self-assessment.
MIC strongly encourages every student and employee to take a few moments each morning before leaving your room or home to ask yourself if you have or are experiencing:

- A fever (temperature over 38ºC) without the use of fever-reducing medications
- Cough
- Fatigue
- New loss of smell or taste
- Muscle or body aches
- Sore throat
- Shortness of breath or difficulty breathing
- Chills
- Headache
- Congestion or runny nose
- Nausea, vomiting or diarrhoea

The most important way to prevent others from getting sick is for MIC students to monitor for symptoms and stay home or in your room if you have any of the above symptoms. Contact your GP or the MIC Medical Centre at 061-204343/ Medical.Centre@mic.ul.ie or the HSE helpline at 1850 241850.

1.2 Transmission of COVID-19

The virus is transmitted in fluid droplets from the nose or mouth of an infected person when the person coughs, sneezes or speaks. The droplets land on surfaces. Other people contaminate their hands by touching these surfaces and bring the virus into contact with their eyes, nose, or mouth. COVID-19 can also spread if infected droplets land directly on the mucous membranes of the eye, nose, or mouth.

The world is learning more about the virus all the time and studies show it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Thorough and regular cleaning of frequently-touched surfaces is essential. If disinfection is needed it must be performed in addition to, never as a substitute for cleaning. While people are most likely to pass on infection when they
have symptoms, current information suggests that some infected people spread the virus prior to displaying symptoms themselves and some individuals may not even realise they have the virus as they display no symptoms; in other words, some individuals are asymptomatic.

1.3 COVID-19 Protective Measures

Certain measures provide protection against the virus. These include hand and general hygiene, good respiratory etiquette and physical or social distancing.

The most important thing is that... we all take personal responsibility to prevent the spread of the virus and keep each other safe.

Hand hygiene is one of the most important things you can do to prevent the spread of the virus. Please see the MIC's COVID-19 Hub for HSE advice on handwashing.
Wash your hands regularly and avoid touching your face and eyes. Use hand sanitiser where soap and water is not available. If hands are visibly dirty, wash hands with soap and water prior to using the sanitiser. Remember that this should be for at least 20 seconds (sing Happy Birthday twice!). Ensure you wash your hands in the following situations:

- Before and after eating or preparing food
- If in contact with someone displaying any COVID-19 symptoms
- Before and after using public transport
- On arriving and leaving the workplace/other sites
- Before having a cigarette or vaping
- When hands are dirty
- Before and after toilet use.

General hygiene measures also make a difference in minimising the spread of COVID-19. Examples of such measures include the following:

- Do not share any objects that touch the mouth such as bottles or cups
- Do not share items like pens
- You should clean and disinfect frequently touched surfaces and keep your environment clean
- A new cleaning and sanitising programme is in place on-campus
- It is important for individuals to sanitise their workspace before and after use
- You should also sanitise any device or equipment you use.

Respiratory etiquette can also assist in minimising the spread of COVID-19. Therefore, when coughing or sneezing, cover your mouth and nose with a tissue. Place used tissues into a closed bin and wash hands. If a tissue is not available, use your bent elbow.
Physical or Social Distancing is another measure to minimise contact between individuals that can help to reduce potential spread of infection. The current recommended distance to be maintained between people to minimise risk of transmission is two metres. The following measures can further help maintain physical distancing:

- No hand-shaking or hugging
- Observe the College’s one-way system and all directional signage and queue management procedures in place
- No in-person student events should be hosted where social distancing may be difficult to implement. Please contact MISU (061-400013 / micsuprez@mic.ul.ie / micsuviceprez@mic.ul.ie) for advice or further information.

Please see the MIC website for Key tips on how to Flatten the Curve.

### 1.4 Vulnerable Students

It is important for the campus community to understand that some people are at a higher risk for severe illness from COVID-19 complications if they become infected. Based on the current data, vulnerable groups may include:

- People 65 years of age or older
- Those with serious underlying health conditions such as high blood pressure, heart disease, chronic lung, kidney or liver disease, diabetes; severe obesity; or moderate to severe asthma
- People with weakened immune systems
- Other circumstances that enhance risks associated with COVID-19 exposure or illness.

If you are within such categories, please inform both the Medical Centre at Medical.Centre@mic.ul.ie and Student Academic Administration at SAA@mic.ul.ie
MIC Campus Protocols and Changes

Over the summer period, MIC has taken steps to prepare the campuses for the new academic year and to ensure the College's support measures are fully aligned and compliant with all aspects of HSE guidelines.

While COVID-19 can be a very dangerous virus which is easily spread, there are a few simple measures that can help keep everyone healthy. As outlined in section 1.3, such measures include washing your hands, covering your mouth/nose and not standing too close to others.

All MIC students are required to follow social distancing, hand hygiene and respiratory hygiene safety measures at all times in accordance with government health and regulatory guidelines.

We must all act responsibly in reducing the risk of virus transmission and protecting ourselves and others from its spread.

2.1 Hand Sanitising and Use of PPE Equipment

All MIC personnel, MIC students and visitors are required to use hand sanitiser on entering our facilities.

Touch-free hand sanitiser dispenser stands are in place at all entry points to campus facilities and at key locations throughout the buildings, including all shared spaces and circulation areas.

Touch-free hand sanitiser dispenser will also be provided in common areas and WC facilities.

Small hand sanitiser bottles and sanitising wipes will also be available in meeting rooms. Perspex screens will be utilised where appropriate.
2.2 Wash your hands and minimise contact with surfaces

Regularly and vigorously wash your hands with soap and water for at least 20 seconds.

Between hand washings, use hand sanitiser. Hand sanitiser stations have been placed across campus. You may also want to consider carrying a personal-size bottle of hand sanitiser, so you have one with you at all times.

Avoid touching surfaces. Throughout our day, we touch door handles, handrails, elevator buttons and many surfaces others have touched. While cleaning staff are taking additional actions to keep those surfaces clean, it is not possible to do this after every person. Germs left on a surface can be picked up by the next person to encounter it, who may then become infected when they touch their mouth, nose or eyes.

Avoid using your hands. While it is natural to push a door open with your hands, consider using an arm, shoulder or foot to avoid touching the surfaces with your hands. Consider using an elbow to push an elevator button rather than your hand.

2.3 Cover your mouth/nose

Cover your mouth and nose. This is normally done by wearing a mask or cloth face covering to prevent the spread of germs. It also includes covering your cough or sneeze when you are without a face covering.
2.4 Don’t stand too close

Keep at least two metres of physical distance between you and others. This is generally called social distancing.

We have all felt uncomfortable when someone stands too close and is in our personal space. With COVID-19, our personal space has been extended to two metres because the virus generally spreads through droplets caused by someone coughing, sneezing or even talking.

Avoid shaking hands. Shaking hands has long been the standardised way of greeting others. However, it can risk the health of each person, so a friendly smile and a wave helps keep everyone healthier. If you are unable to keep your distance, wearing a face covering becomes increasingly important, along with minimising the amount of time you are closer than two metres.

Using these three principles will not only help you, but they will also help those at high-risk of developing serious complications from COVID-19.

2.5 Face Coverings are required on campus

MIC will operate in accordance with government guidelines on the wearing of face coverings in indoor settings. All MIC personnel, MIC students and visitors are required to carry on them and use a face coverings on entering our facilities. Face coverings are required to be worn in all classrooms on campus. Face coverings are also required to be worn in public offices and spaces in academic buildings throughout campus. This includes areas like hallways, elevators, stairwells, toilets, college/department offices and study areas. Please bring and carry a face covering with you throughout the day. Carry spare face coverings. MIC also requires face coverings to be worn in many other places on campus.

Please revert to FAQ On Face Coverings pg. 30
2.6 COVID-19 contact tracing

MIC strongly encourages every student to download the free HSE COVID Tracker app. It is a free and easy-to-use mobile phone app that can alert you:

- If you have been in close contact with someone who has tested positive for coronavirus
- Advise you on what to do to protect yourself and others
- If you test positive for coronavirus, alert other app users that you were in close contact with.

Go to the COVID Tracker app website
Read more information about why you should use the app and how it works on the COVID Tracker app website.

Download the app
You can download the app from Apple’s App Store or the Google Play Store.

Contact Diary
MIC strongly encourages every student to keep a log of all contacts with others made each day lasting 15 minutes or more and within a two-metre proximity. This contact diary should be used to record details of the owner’s activities when on campus, including what locations they accessed, who they had contact with and for how long in each case. These diaries can then be made available to the HSE or others for contact tracing purposes in the event of a positive COVID-19 case on campus. This can be done in a physical or online diary e.g. M/S Outlook.
2.7 Cleaning, sanitising and disinfecting

In an effort to prevent the transmission of COVID-19 throughout the campus community, MIC has issued the following guidelines regarding the cleaning and disinfecting of both campuses.

Under these guidelines, public, high-touch spaces will be cleaned more frequently:

- Lounges, auditoriums, lecture theatres, teaching spaces, ICT labs, kitchens, meeting rooms and toilets will be cleaned and disinfected daily
- In all buildings, cleaning teams will focus on high touch surfaces, including push and pull plates, door knobs, hand rails, entrances, push and pull partitions, light switches, sink faucet handles, soap, toilet paper and towel dispensers, water fountains, elevator buttons, vending machines, etc

The MIC COVID-19 Response Team will continue to monitor and revise the campus cleaning plans to meet the needs and support the safety of students, faculty, staff and visitors.

2.8 Dining

MasterChefs is providing a catering service on campus which includes Click and Collect Pre-pay, Grab and Go and a Hot Counter Service with social distancing measures in place. Please note there is a one-way system in operation in the canteen.

Some other precautions will include:

- Seating will be reduced to follow guidelines currently recommended by the HSE to ensure proper social distancing
- Social distancing signage will be posted to inform and remind MIC personnel and students.

MISU’s an Siopa will be open during the semester where students will be able to buy sandwiches, tea / coffee, confectionery and drinks.

Check MIC COVID-19 Hub for up to date information with regard to opening times of both services.
2.9 One-way “Traffic Flow” system

The layout of teaching spaces, meeting rooms, and dining spaces has been configured in accordance with the physical distancing requirements. Some areas will limit entrance and exit to specific paths for normal circulation within a building or area. This reduces face-to-face passage. During an emergency, any exit can be used regardless of this recommendation.

Traffic Flow systems have certain “cross over” points. Please exercise patience in an effort to keep close contact to a minimum when walking about buildings.

Face-to-face meetings on campus will need to be scheduled in advance and therefore it will be necessary to make an appointment by email in advance.

Example:
TARA Building One-way system
2.10 Increased signage

Signs have been posted around campus indicating where face coverings are required, the appropriate distance for queuing and reminders to not come into areas if displaying COVID-19 symptoms.

2.11 Water Fountains

Water fountains have been changed. A pedal system is in place to allow touch free dispensing of water.

2.12 Reduced communal spaces

While social interactions are an important part of ones third-level experience, changes are being implemented to limit larger gatherings on campus. Some seating has been removed while other seating spaces will be restricted in accordance with physical distancing requirements.
2.13 Elevator and Stairwell Use

One person only will be allowed in the elevator at a time and signage will be provided to this effect. Hand sanitiser will be available outside the elevator door on each floor. In addition, directional signage will be posted at stairwells.

2.14 A suspected case of COVID-19 on Campus

You should not attend College if displaying any symptoms of COVID-19.

The procedure to be followed in the event of someone developing the signs and symptoms of COVID-19 while at Mary Immaculate College is as follows:

1. Students who experience symptoms of COVID-19 while on MIC premises must immediately notify the Isolation Manager. Where possible this should be done by phone. If possible, the student should either leave the campus immediately or organise to be collected by a family member (Do not use public transport). If this is not possible, or if there is a delay in arranging collection, the Isolation Manager will direct the student to the isolation room.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limerick Campus</td>
<td>T: 086 0664917, E: <a href="mailto:CovidManagerLimerick@mic.ul.ie">CovidManagerLimerick@mic.ul.ie</a></td>
</tr>
<tr>
<td>Thurles Campus</td>
<td>T: 086 0664920, E: <a href="mailto:CovidManagerThurles@mic.ul.ie">CovidManagerThurles@mic.ul.ie</a></td>
</tr>
</tbody>
</table>

2. On receipt of notification of an individual presenting with symptoms of COVID-19, the Isolation Manager will contact the Director of Estates to inform them of the situation.

3. The Isolation Manager will meet the unwell person but remain at a distance of at least 2 metres at all times. The unwell person will be provided with a face mask which must be worn while on MIC premises.
4. The Isolation Manager will accompany the unwell person directly to the designated isolation area ensuring the unwell individual maintains a distance of at least 2 metres from others.

<table>
<thead>
<tr>
<th>Location</th>
<th>Isolation Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limerick Campus</td>
<td>• Medical Centre, Third Floor, Tara Building</td>
</tr>
<tr>
<td></td>
<td>• Foundation Building: G06A</td>
</tr>
<tr>
<td></td>
<td>• John Henry Newman Campus: The Orangery, Ground Floor</td>
</tr>
<tr>
<td></td>
<td>• Tailteann</td>
</tr>
<tr>
<td>Thurles Campus</td>
<td>Room G-02</td>
</tr>
<tr>
<td>Courtbrack Accommodation, Limerick</td>
<td>Courtbrack Accommodation, Room D27, Ground Floor</td>
</tr>
</tbody>
</table>

5. The Isolation Room contains a minimal amount of furniture so that less items need to be cleaned and sanitised after it has been used. There must be a supply of tissues, hand sanitiser, disinfectant and/or wipes, disposable gloves, face masks and clinical waste bags in the room.

6. Once in the Isolation Room, close the door and ensure the room is well ventilated. The unwell individual must isolate alone in the room and must wear a face mask.

7. The unwell individual must be advised to avoid touching people, surfaces and objects. They must also be advised to cover their mouth and nose with disposable tissues provided when they cough and sneeze and put the disposable tissue in the waste bag provided.

8. The individual should call a doctor or the HSE helpline and outline their current symptoms. If the individual is not well enough to do so, the Isolation Manager will make the call on the individuals behalf.

9. If the individual becomes very unwell, (the symptoms may not be COVID-19 but of a different illness) an ambulance should be called by dialling 999 or 112 on a mobile phone.
10. When the unwell individual is ready to leave the building, they must be reminded to continue wearing the face mask and to ensure 2 metre distancing from others. Public transport must not be used as this puts others at risk of exposure to the virus. They must also be advised to contact the Medical Centre that they are a suspected COVID-19 case to inform of their absence from College or placement.

The unwell individual must follow the advice of their doctor/medical professional until they have been given the all-clear to return to study.

11. The College may seek advice from the HSE and discuss the suspected case with them and any additional actions required. The College shall provide all necessary assistance to the HSE.

12. Following departure of the unwell individual, the Isolation Room must be secured closed and the Director of Estates notified that room, and any others occupied by the unwell individual, are cleaned.

13. The Isolation Manager shall complete the necessary paperwork to record details of the suspected COVID-19 case including the individual’s details.

14. If the College is contacted by the HSE, the Isolation Manager should use the records kept regarding close contacts to help identify personnel who have been in contact with the individual. The HSE may advise on any actions or precautions that should be taken. The HSE will also be in contact with the individual directly to advise on isolation and identifying other contacts and will be in touch with any contacts of the individual to provide them with appropriate advice.
2.15 What to do if you have (a) been told to quarantine or (b) have had close contact with someone who has COVID-19

In order to protect you, your friends, family and the wider community, it is most important that if you are feeling unwell or displaying COVID-19 symptoms you immediately self-isolate and make phone contact with your GP, the MIC Medical Centre or the HSE helpline at 1850 241850, and follow the advice given.

Even if you do not feel unwell, if you have been in close contact with a confirmed COVID-19 case you should self-isolate at home and seek medical advice from your GP, or the MIC Medical Centre or the HSE helpline at 1850 241850, and follow the advice given.

In general, close contact is defined as:

- Spending more than 15 minutes within 2 metres of an infected person
- Living in the same house or accommodation as an infected person.

It is advised you do not return to College after isolation unless:

- It has been 10 days since your first symptoms
- 5 days have passed without a temperature
- You have no symptoms
- Your doctor recommends otherwise.

If you are in an at-risk or vulnerable group, as advised by the HSE, or have any concerns you should contact your GP.
2.16 What to do if you test positive for COVID-19

If you have tested positive for COVID-19, please:

- Self-isolate; that is stay indoors at home or in your accommodation
- Email the MIC Medical Centre at Medical.Centre@mic.ul.ie
- Remain in isolation; that is do not go to class, events, work or elsewhere
- Contact your GP or HSE helpline at 1850 241850.

2.17 Returning to campus post COVID-19 or post exposure to COVID-19

Students may not return to campus unless and until they do one of the following:

- Undergone testing for COVID-19, received results indicating that they are negative for COVID-19 infection, and provided documentation of such results to Student Academic Administration, contactable at SAA@mic.ul.ie
- Alternatively, students may present documentation from a health care provider indicating that they have been approved to return to campus.

Students must follow HSE guidance upon returning from international travel and will be tested for COVID-19 by the HSE between seven and ten days of their return. Please see the HSE website for further details.
3.0 MIC Student Supports

MIC is proud of providing our students with a range of appropriate supports that correspond to their growing multiple and diverse needs. Our provision can be considered multi-faceted, supportive and student-centred.

This section lists supports available to all students in the College and how to access same whether on campus or studying remotely.

All MIC services and supports can be contacted by MS Teams.

3.1 Academic Learning Centre (ALC)

The Academic Learning Centre offers the following services:

One-to-one academic support and tutoring: Students are welcome to call to the ALC for one-to-one advice on aspects of learning at third level. The ALC team is available to advise on essay writing (independent and confidential advice is given on how to improve the structure and writing style of essays and essay planning), study skills, time management and exam techniques.

The ALC offers subject-specific support in areas of critical need, namely Gaeilge and Mathematics.

Pre-exam planning: The ALC offers help in planning individual study programmes, especially in the lead up to examinations. This helps students make the most of their time and assist in future study planning.

The Academic Learning Centre Handbook. This comprehensive handbook is available here and includes chapters on study skills, academic reading, time-management, structuring essays, referencing academic essays (Harvard and Footnoting systems) and preparing for examinations.

The ALC is also concerned with encouraging mature learners, whose educational experiences and opportunities in their earlier years may have been limited, to consider returning to education by promoting the various access routes available to...
them and providing both the Pre-University Programme (PUP) and the Foundation Certificate for Mature Learners considering embarking on third level education. These programmes are delivered on a part-time basis to facilitate those who wish to sample university-level education but who are in employment, and/or have families and other care responsibilities.

**MIC Limerick**

- Due to COVID-19 precautions, our reception area is closed to drop-ins
- To make an appointment with the ALC, please email alc@mic.ul.ie
- To make an appointment for the Maths Support Unit, please email alc@mic.ul.ie
- To enquire about Gaeilge or IT support classes, please email alc@mic.ul.ie.

**MIC Thurles**

- The ALC Thurles is located in room P204 and is available on Mondays from 10am-5pm. E: Ilona.Costelloe@mic.ul.ie to make an appointment
- Gaeilge Support Thurles is also available. E: Nora.NiBheaglaoich@mic.ul.ie to make an appointment
- To make an appointment for the Maths Support Unit, please email alc@mic.ul.ie.

**Contact:** E: alc@mic.ul.ie
3.2 Access and Disability

Location: Room G01 Foundation Building

Hours: Monday to Friday 9.30am - 12.30pm and 2.00pm - 4.30pm.
Due to COVID-19, Access Office Staff are working remotely – see next page for contact details.

Overview of Service/Supports

• Designated Support Service: for HEAR and DARE students. Provision of supports, information, advice and advocacy assistance

• Needs Assessments: Needs assessments for students with disabilities to identify the reasonable accommodations required to support your academic programme. Students with disabilities/ongoing medical conditions regardless of college entry route are encouraged to make contact with the office

• Financial assistance: Information on the ESF Student Assistance Fund and other sources of financial assistance to assist students struggling financially.

Meetings: The Access Office staff will be working remotely for Autumn Semester 2020. While working remotely, meetings will be scheduled by the office via MS TEAMS. Where a one-to-one meeting is required, it will be arranged with H&S procedures in place.

Further Information
Detailed information is available on the MIC Student Portal in relation to registering with the disability service and the types of supports available as well as information on how to make an application for Financial Assistance.

Contact:
MIC Limerick: E: accessoffice@mic.u.ie
MIC Thurles: Paula Hourigan, Senior Academic Administrator, is the first point of contact on the Thurles campus, and can be reached by email: E: Paula.Hourigan@mic.ul.ie.
3.3 An Seomra Caidrimh

Is spás é seo inar féidir le pobal uile an Choláiste teacht le chéile chun an Ghaeilge a úsáid ar bhonn neamhfoirméilte; tar isteach do chupán tae/café, chun labhairt le do charde, éisteacht le ceol, agus mar sin de. Eagraítear clár cuimsitheach imeachtaí don thoireann agus do mhic léinn i rith an téarma ach sna hamanna éiginnte seo beimid ag eagrú níos mó imeachtaí ar líne agus mar sin lean cuntas an tSeomra Caidrimh ar na méán sháisialta. Tá an Seomra suite i bhFoirgneamh na Leabharlainne ar Champsas Luimnigh MIC.

Tuilleadh eolais:
An Dr Caitríona Breathnach, Oifigeach Gaeilge CMGS: E: Caitriona.Breathnach@mic.ul.ie

An Seomra Caidrimh is an informal space where the College community comes together to use Irish - come in, talk with your friends, listen to music, and so on. A comprehensive program of events is organised for staff and for students during term time - however, in these uncertain times we will be organising more events online so please follow the Seomra Caidrimh Facebook and Instagram accounts for more details. An Seomra Caidrimh is located in the Library Building on the MIC Limerick Campus.

More information:
Dr Caitríona Breathnach, MIC Irish Officer: E: Caitriona.Breathnach@mic.ul.ie
3.4 Chaplaincy

The chaplaincy team are here to help any member of the College community to grow and develop to their full potential and enjoy their years in college.

This year Laura Mulqueen and Alexandra Kurek will be completing their Off-Campus Placement in the Chaplaincy and will be working alongside with Fr Michael Wall on the Limerick campus.

Due to COVID-19 access to the Chaplaincy will be limited, however Laura and Alexandra will be operating virtual calls with students.

Location: Chaplaincy T. 1.08

Other chaplaincy venues on campus: College chapel, symbol free meditation room (G33b), Meditation room behind chapel, Chaplain’s Office G.48.

Hours: 9.00am - 5.00pm

Contact:
MIC Limerick: E: Michael.Wall@mic.ul.ie / E: chaplaincy.team@mic.ul.ie
MIC Thurles: The Chaplin in Thurles is Fr Joe Walsh, and like the Limerick team, he is available to support students through the ups and downs of life. E: Joe.Walsh@mic.ul.ie
3.5 Counselling

The counselling service provides all students with the opportunity to talk in a relaxed, comfortable and confidential setting. (Please note that the counselling service only operates during semester times i.e.: weeks 1-15 in both Semester 1 and 2)

Location: T.3.11 and T.3.12

Support is provided for many issues, such as:
- Stress, panic/anxiety attacks,
- Bereavement
- Depression
- Bullying and many others.
- Eating disorders
- Exam stress
- Sexual/emotional/physical abuse

Due to COVID-19, the counselling service will operate on a blended model for delivery to students in Semester 1;
- Initial drop-in meeting on campus with on-duty counsellor/counsellors, for screening and/or to set up an individual plan for face to face /online counselling support
- Alternatively, if your initial point of contact is via email to generic counselling address, counsellor will assess your needs and counsellor availability, and make an individual support plan for you, accordingly
- Non face-to-face counselling will be offered via virtual calls; also, by telephone counselling as per individual agreement between counsellor and student.
- On a need’s basis, online support group sessions for bereavement/anxiety/exam stress etc. will be setup.

Contact:
MIC Limerick: E: Counselling@mic.ul.ie
MIC Thurles: E: fionaodwyer4@gmail.com

Psychological Counsellors in Higher Education Ireland (PCHEI) has partnered with 50808, a free, anonymous 24/7 text service, to provide the new mental health support service for third level students.

Text HELLO to 50808, anytime day or night. Visit www.text50808.ie for more information.
3.6 Gender Orientation Support

All students are welcome at MIC. The College strives to value and encourage all members of the community and will treat all LGBTQ+ and gender non-conforming students with dignity and respect. MIC seeks to provide an educational environment free from discrimination, harassment or victimisation. Should you wish to speak to a member of staff confidentially in relation to gender orientation support, queries or issues, please see below contacts:

**Contact:**
MIC Limerick: Dr Geraldine Brosnan, Director of Student Life: E: Geraldine.Brosnan@mic.ul.ie
MIC Thurles: Tony Ó Floinn, Léachtóir, Roinn na Gaeilge /Lecturer, Irish Department: E: Tony.OFloinn@mic.ul.ie

3.7 Healthy Campus

Healthy Campus MIC aims to support the health and well-being of all members of the College community through policy development, the provision of programmes and activities and the implementation of specific health and well-being strategies.

We provide many resources on health to both staff and students, and the office holds a wide selection of health and well-being, which we make available as teaching practice aids and as general information sources.

We run different awareness days, programmes and workshops during the year. We provide confidential one-to-one support and advice on lifestyle change in the form of brief interventions. We can also refer you to relevant services in the community.

We will be providing events following public health guidelines and anticipate that programmes will be provided online during the 20/21 MIC year. For more information, please see our Facebook page or Twitter feed.

**Contact:**
E: healthy.campus@mic.ul.ie
3.8 Medical Centre

MIC Limerick:
Location: T.3.07
Hours: 10.00am - 12.00pm (to make an appointment with the doctor)
T: 061 204343
E: medical.centre@mic.ul.ie

College Nurses: Annemaree Coady and Helen O'Dea

Operation of Medical Centre:
1. Students will be required to telephone the Medical Centre. There will no longer be a queuing system in operation in the morning.

2. Nurses will triage calls. Non COVID-19 complaints can be seen by Nurse or appointment booked with doctor. All respiratory complaints (possibility of COVID-19) will be managed initially by telephone with nurse. Advice or an appointment can be booked for the doctor to consult by telephone in the afternoon, with a subsequent appointment if necessary.

3. Doctors’ appointments will include telephone consults and face-to-face consultations.

Doctors’ Hours
Monday to Thursday: 1.45pm - 4.30pm
Friday: 1.45pm - 2.30pm

Fees: MIC Medical Centre visits cost €10.

COVID-19
Any student who is unwell with respiratory symptoms (cough, fever or shortness of breath) should not come to college. Stay at home. Please see section 1.1 with regard to COVID-19 symptoms.

Any student who has been a close contact of a probable or confirmed case of COVID-19 must stay at home.
Contact your own GP or MIC Medical Centre or Ashdown Medical Centre for advice. Advice is also available on the HPSC website.

Students must telephone the Medical Centre for an appointment. Do not present to the Medical Centre without an appointment – you will not be seen.

**Weekend and After Hours:**

OUT OF HOURS DOCTOR ON CALL: Shannon Doc T: 087 7551570 (after 6pm)

Students who need urgent medical treatment should proceed to the A&E Dept. at University Hospital Limerick T: 061 301111 (24hr cover) or to St. John’s Hospital T: 061 415822 (8.00am - 6.00pm Monday to Friday).

International Students: You will need to bring your European Health Insurance Card when attending the Medical Centre.

**MIC Thurles**

A GP Service is available for MIC Thurles students with Dr Liam Collins at The Surgery, Fianna Road, Thurles by contacting T: +353 504 21155. There is a €10 charge for an appointment for an MIC student.

If out-of-hours, please telephone ShannonDoc at T: +353 1850 212 999.
3.9 Student Parent Support Service

MIC provides a professional support service to students who experience an unplanned or crisis pregnancy and any student who becomes a parent during the course of their studies and students who start college as a parent. MIC is the only Irish third-level college with a dedicated support service for this cohort of students.

The service is available on a part-time basis at MIC Limerick, with a range of confidential and non-judgemental support options, including one-to-one and group support, in addition to wrap around supports such as information resources, a dedicated Facebook page as well as linking and referral with other MIC supports and external agencies as appropriate. A key aim is to ensure student parents and expectant parents are aware of, and able to access, all of the supports and entitlements available to them, so that they are able to continue and complete their third level education.

One-to-One Support by Appointment: Monday and Tuesday during Semester time
Text ‘APPOINTMENT’ to T: 087 9501160 or E: Nicola.Hurley@mic.ul.ie

Group Support: ‘Drop-in’ Space and Facilitated Networking (no appointment necessary)
Wednesday mornings from 11.00am - 12.30pm during Semester time.

Relevant Links
Students are encouraged to read the Information Guide for Student Parents and Expectant Parents at Third Level which includes an overview of practical and financial supports; however, students are advised to check www.mygov.ie regularly for accessible and up-to-date information due to social welfare changes as a result of COVID-19.

Facebook - A dedicated Student Parent Support Facebook page encourages students to stay connected and up-to-date with matters of relevance to them within MIC and with external supports.

Service Availability
Please note that service delivery for the 2020/2021 may change as a result of COVID-19. Email Nicola for further information.

Contact
E: Nicola.Hurley@mic.ul.ie. All MIC services and supports can be contacted by MS Teams.
## 3.10 Other Useful Contacts

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE LIVE</td>
<td>T: 1850 24 1850</td>
</tr>
<tr>
<td>HSE Text</td>
<td>50808</td>
</tr>
<tr>
<td>Out of Hours Doctor</td>
<td>T: 1850 212 999 (Shannon Doc)</td>
</tr>
<tr>
<td>Aware</td>
<td>T: 1800 80 48 48</td>
</tr>
<tr>
<td>Samaritans</td>
<td>T: 116 123 (free from any phone)</td>
</tr>
<tr>
<td>Pieta House</td>
<td>T: 1800 247 247</td>
</tr>
</tbody>
</table>
| Spun Out                    | Advice on young people’s health issues [spunout.ie](https://spunout.ie)  
                             | T: 01 675 3554                                          |
| Jigsaw                      | T: 01 472 7010                                           |
|                             | T: 061 974 510 (Jigsaw Limerick)                        |
| Mental Health Ireland       | T: 01 284 1166                                           |
|                             | www.mentalhealthireland.ie                              |
| Turn2Me                     | Online 1 to 1 support [turn2me.ie](https://turn2me.ie)  |
| Limerick Mental Health Association | T: 087 2485742 or 061 446786, Monday to Friday       |
|                             | E: info@limerickmentalhealth.ie [limerickmentalhealth.ie](https://limerickmentalhealth.ie/) |
FAQ’s On Face Coverings

When am I required to wear a face covering when on Limerick & Thurles campus?

MIC requires all persons to wear face coverings, preferably in the form of a mask, when indoors in campus buildings in scenarios where keeping 2m physical distancing from others cannot be guaranteed. Face coverings must be worn when moving through buildings, in corridors and on stairwells, queuing for any reason, using toilet facilities, etc.

Individuals with circumstances that make wearing face coverings inappropriate are exempt but should consider wearing a face visor. Face coverings are not required while working alone in offices, in shared spaces or in meetings where physical distancing of at least 2M can be maintained between individuals. Face coverings should be put on before leaving your desk, before standing up or moving within the office or and when you intend to leave the area.

When should I put on my face covering?

Face coverings should be donned well in advance of entering a building. Do not stop at the building entrance to don your covering as this may lead to congestion; please place your face cover on before you get to the entrance. Face coverings should be put on before leaving your desk or before standing up to leave a lecture. Do not try and place your covering on when already in transit from a classroom / laboratory or through a building.

When can I take my face covering off?

You may take your face covering off once seated at your desk or in your seat in a classroom / laboratory, subject to there being at least 2m physical distance from your nearest neighbour. Additionally, in scenarios where 2m physical distancing cannot be maintained in a lecture, classroom or laboratory environment, then you will be required to keep your face covering on throughout. In some laboratory setting the nature of the face covering that must be worn may be specified.

You may also take your covering off when seated in a restaurant or café, but must put it back on before leaving your table for any reason.
Do I need to wear a face covering in lectures / class / laboratories?

You should wear a face covering when entering and leaving all teaching spaces. Additionally, in scenarios where 2m physical distancing cannot be maintained in a lecture, classroom or laboratory environment, then you will be required to keep your face covering on throughout. In some laboratory setting the nature of the face covering that must be worn may be specified.

I suffer from an underlying condition that makes the wearing of a mask difficult or inadvisable, what should I do?

If you suffer from an underlying condition that makes the wearing of any face covering inadvisable then you should consult your doctor for advice about the appropriateness of attending campus / engaging in close contact with others in the absence of any form of face covering. You should contact your Line Manager to discuss how best you can be supported under your particular extenuating circumstances.

Who is exempt from wearing a face covering?

If you cannot wear a face covering due to an underlying condition then you are exempt from doing so.

How do I safely put on and take off a mask?

The HSE has produced guidance on how to wear a face mask safely -
https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html

How do I keep my mask clean?

The HSE has produced guidance on keeping face masks clean -
https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html