

From: [TU Dublin Update](#)
To: [TU Dublin Update](#)
Subject: COVID-19 - step-by-step guide for students that test positive
Date: 06 December 2021 10:13:24

Dear Student,

The University has published COVID-19 policies and procedures on our [website](#); however, we understand that you may need a short, accessible guide if you - or one of your fellow students - tests positive for COVID-19.

Before testing

- **If you experience COVID-19 symptoms, please stay at home and book a [PCR test](#). Do not, under any circumstances, come to college while waiting for a test or the results of a test.**
- You should inform your Head of School if you're waiting for the results of a COVID-19 test.
- While waiting for your result, compile a list of close contacts, including those you may have come into contact with at college. Students are advised to keep a list of people they come into contact with at college as if your case is connected to a possible COVID-19 outbreak; the HSE may ask the University to assist in their contact tracing efforts.

Testing positive

- If you receive a positive test result, you must self-isolate in your room, and the HSE will send you a link to upload a list of your close contacts. The list should include your close contacts from college, which the HSE will use to inform anybody who needs to get tested.
- You must also inform your Head of School, who will notify the COVID-19 Coordinator of your case.

Recovery and returning to college

- Once you test positive for COVID-19, you should not return to campus until both of these apply: 1. you have not had a high temperature for **5 days**, AND 2. it has been **10 days** since your first developed symptoms.
- It is vital that you do not attend college until **BOTH** of these conditions are met.

Returning to college following a positive asymptomatic test result

- **For those who test positive and are asymptomatic, you should not return to campus until 10 days after receiving your result.**
- If you become symptomatic in between, you cannot return to college until you have not had a high temperature for **5 days**, and it has been **10 days** since your first developed symptoms.

More advice, policies and procedures relating to COVID-19 are available on the **website** [here](#). Don't forget; the HSE will operate a **vaccination clinic** in Grangegorman on **Wednesday, 8 December** for those that have not received a first or second dose - find out more [here](#).

Watch out for the new HSE promotional campaign [Layer Up](#), particularly important in the cold months.

We wish to thank you for your continued co-operation in keeping our University community safe.

Response Management Team