



It is critical that everyone completes these 12 Covid-mitigating actions daily so that we can have a safe campus for all.

1. Before you attend campus each day - complete the "Daily Health Check Form":
This can be found at: [Daily Health Check Form](#)
2. If you have any of the COVID symptoms, do not attend campus, but contact your GP or your student health provider: The Covid Delta variant symptoms are:
 - Runny nose (hay fever like)
 - Headache,
 - Sore throat
 - New cough
 - Fever (38°C or more)
 - Shortness of breath
 - Loss or change to sense of smell or taste.
3. Before you return to campus, watch these 2 short Covid Safety Videos :  [Attending Campus Video.mp4](#) and  [GMIT Covid 19 Safety Video.mp4](#)
4. Register before attending campus, and as part of the registration process complete the Student Health Declaration Form (Campus Access).
5. Wear a mask. Everyone must wear a mask at all times (3-layer reusable or disposable (changed daily) mask. Mask should be well fitted – ensure it covers the nose and mouth.
6. Log your attendance at every teaching activity – log your presence by completing the [Class Attendance & Location Record](#) This will allow for contact tracing should it be needed.
7. Sanitize your work/study space before and after use. Sanitising wipes are provided in every room.
8. Please maintain a physical distance from others when possible.
9. Practice good hand hygiene and good respiratory etiquette. Frequent hand washing/sanitisation & cover nose/mouth with a tissue / inner elbow.
10. Travel to Campus: Students should ideally travel to campus alone. It is recommended to avoid public transport, if possible, by walking, cycling, or driving by oneself. If it is necessary to share a lift or to use public transport, wear a mask and ensure windows are open in the car / bus.
11. Maintain your own contact log - keep your own record of staff/students that you meet and download and use the Covid Tracker App: [HSE COVID-19 Tracker App](#)
12. **If you develop Covid symptoms at college.** Contact your lecturer or Head of Department and covidofficer@gmit.ie and return home to isolate. If you need to wait in GMIT prior to returning home, isolation rooms are available:
 - Dublin Rd campus: Room 153.
 - Mayo Campus: Room B004
 - CCAM: Room 128
 - Letterfrack Meeting Room 1