



# IF YOU'RE A CLOSE CONTACT OF A CONFIRMED CASE OF COVID-19.



## WHAT TO DO



**THE HSE WILL CONTACT YOU**  
You will receive regular messages from the **HSE**. Please follow their advice.



**HSE Contact Tracing** will arrange for you to be **tested** for **Covid-19**.



You need to **restrict your movements** for **14 days**, even if your tests are negative.



Restricting your movements means **staying at home** (term-time residence) and **avoiding contact** with other people, as much as possible.

MORE INFO →



You can still go **outside to exercise** by yourself as long as you keep **2 metres away** from other people.



For more details, please see [www2.hse.ie/coronavirus/](http://www2.hse.ie/coronavirus/)



**More useful resources** that may be helpful to you as you restrict your movements [www.nuigalway.ie/alert/studentfaqs/healthwellbeingfaqs/](http://www.nuigalway.ie/alert/studentfaqs/healthwellbeingfaqs/)



If you develop symptoms of Covid-19, please **self-isolate immediately** and **phone your GP** or the **Student Health Unit** ( 091-492604).

