NIBRT Trainee & Visitor Information
COVID-19 Restrictions
On 11th March 2020 the World Health Organization (WHO) declared the coronavirus COVID-19 outbreak as a pandemic. The European Commission is working together with the WHO and Member State public health authorities to contain the COVID-19 outbreak. In the EU, the European Centre for Disease Prevention and Control (ECDC) is closely monitoring this outbreak and providing risk assessments to guide EU Member States and the EU Commission in their response activities.

Please refer to https://www2.hse.ie/coronavirus/ for up to date advice on COVID-19
Currently, the incubation period of COVID-19 is assessed to be between 2 and 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- sore throat
- difficulty in breathing
- fever
- change to your sense of smell or taste

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.
The Spread of COVID-19

• From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (2 meters or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

• Droplets produced when an infected person coughs or sneezes containing the virus are the main means of transmission.

• You could get the virus if you:
  – come into close contact with someone who has the virus and is coughing or sneezing
  – touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face (eyes, nose or mouth)
Preventing the Spread of COVID-19

Help prevent coronavirus

- Wash your hands
- Cover mouth if coughing or sneezing
- Avoid touching your face
- Keep surfaces clean
- Stop shaking hands and hugging
- Keep a safe distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Good Handwashing Techniques Video on the NIBRT Online Academy (NOA)

https://noa.nibrt.ie/learn
How are NIBRT Working to Prevent the Spread of COVID-19

- Mandatory wearing of **face coverings** on site by all staff and visitors
- Increased **cleaning** procedures in NIBRT. Cleaning of all common touchpoints every 2 hours minimum. Many common touchpoints such as doors have been left in the open position to reduce touchpoints.
- **Social distancing and capacity** management. All NIBRT staff are supported to work from home unless activity on site is essential. Numbers on site daily are managed by the NIBRT COVID Team
- **Hand cleaning and sanitisation** points at multiple locations in the building.
- **Information signage** and posters at visible locations
- **One way systems** throughout the building to enable social distancing
- Prior engagement with staff and visitors in advance of coming to NIBRT to confirm **health status**.
- **Temperature monitoring** on site
- Increased number of room **air changes**/hour and reduction in % of recycled air
Before you attend NIBRT

- Visitors must complete a COVID-19 Health Questionnaire before being approved for travel to NIBRT

- Please refer to the HSE for details of at risk groups or advice on COVID-19 while pregnant
  - [https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html](https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html)
  - [https://www2.hse.ie/conditions/coronavirus-and-pregnancy.html](https://www2.hse.ie/conditions/coronavirus-and-pregnancy.html)

- Do not travel to NIBRT if you are feeling unwell or displaying any symptoms of COVID-19.

- Check your temperature before leaving home. Do not travel to NIBRT if you are displaying a high temperature (≥37.8°C)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness, loss or change to your sense of smell or taste (this means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal) or flu like symptoms now or in the past 14 days?</td>
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<td>Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?</td>
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<tr>
<td>Are you cohabiting with or have you been in close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days? (less than 2m for more than 15 minutes accumulative in 1 day)</td>
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<td>Have you been advised by a doctor to self-isolate at this time? Or are you waiting results of COVID-19 test?</td>
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<td>Have you been advised by a doctor to cocoon at this time?</td>
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<td>Have you travelled outside the Republic of Ireland in the last 14 days?</td>
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<td>Are you in an at-risk group? (see definition on <a href="http://www.hse.ie">www.hse.ie</a> for Very High or High Risk Groups)</td>
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Travelling to NIBRT

- Please refer to HSE for all guidelines on safe travel.
  
  https://www2.hse.ie/conditions/coronavirus/protect-yourself-and-others.html
  https://www2.hse.ie/conditions/coronavirus/travel.html

- If travelling by public transport it is required that a face covering should be worn.

- Please adhere to all hand hygiene and cough etiquette measures during your commute and wash or sanitise your hands on arrival to your destination.

- Ensure you dispose of any protective clothing such as gloves and face coverings appropriately and wash or sanitise your hands.
Once approval is granted for travel to NIBRT:

1. **Mandatory Face Coverings**

   Face masks are **compulsory** for all staff and other entrants at the NIBRT site.

   Face masks will be required in all areas of the NIBRT facility with the following specific exceptions:
   - When you are alone in an office space / lab / room
   - When seated in the canteen for breaks – i.e. consuming food or refreshments
   - Medical reasons - If for medical reasons you cannot wear a face covering, you should contact your NIBRT contact so alternative protective measures can be put in place

   Essential visitors are permitted to bring and use their own **face masks** on site or disposable face masks will be available at the NIBRT entrance and at other locations around the site.
What to expect when you come to NIBRT

Once approval is granted for travel to NIBRT:

2. **Temperature Screening**

Check your temperature before leaving home. Do not travel to NIBRT if you are displaying a high temperature (≥37.8°C). NIBRT have installed temperature screening at the main reception entrance. If you register a temperature ≥37.8°C you will not be permitted access to NIBRT on this day.

https://www.fevertech-ireland.com/
What to expect when you come to NIBRT

3. **Hand Hygiene and Sanitising**

There are multiple hand washing and sanitising stations available for use in NIBRT.

- Hands must be sanitised on entrance to NIBRT
- Hands must be washed on entering canteen
- Hands should be sanitised before and after using common touchpoints-handrails, door handles etc
What to expect when you come to NIBRT

4. **Social Distancing**

NIBRT have implemented many social distancing measures for the safety of staff and visitors. Please adhere to all signage for social distancing and one way systems throughout the facility.
What to expect when you come to NIBRT

5. Room Capacity
NIBRT have restricted personnel capacities for all rooms on site to enable safer more manageable social distancing.
What to expect when you come to NIBRT

6. **Training Rooms**

- Training rooms are laid out with 2m min. between each desk space.
- All training rooms will be supplied with a sanitising station.
- Trainees will be directed to an assigned desk.
- Laundered labcoat will be provided per person.
- Trainees are requested to bring their own pens, safety glasses and safety shoes if possible
- All catering provided to trainees will be individually packaged
What to expect when you come to NIBRT

7. Additional Protective Measures

• NIBRT trainers may use face shields in certain situations instead of face masks when delivering training content.

• Face coverings are an additive measure to the existing COVID-19 controls in place on site, and does not displace any of the other controls in place, such as attending the facility for essential reasons only, 2-metre social distancing, one-way systems, frequent hand washing and respiratory etiquette.
Prevent the Spread of COVID-19

All safety measures and policies must be adhered to while onsite in NIBRT for the safety of all staff and visitors. Failure to comply with any of our procedures or safety measures may result in you being refused entry and/or being requested to leave the facility.

Please connect with your onsite contact with any questions in advance of travel to NIBRT.

Help prevent coronavirus

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