COVID-19 information for students of ILPS CU

Practical information:

It is easy to purchase a face mask in the Czech Republic, but we recommend bringing them with you based on your own needs (surgical masks and FFP2 respirators). It is also advisable to bring hand disinfectant gel and a personal thermometer.

Current information about the epidemiological situation and measures that must be observed (e.g. when and where it is mandatory or advisable to wear a mask) is available on the website of the Czech Ministry of Health.

WE RECOMMEND: read the web pages about life with covid in the Czech Republic managed by the National Agency for Communication and Information Technologies (Ministry of the Interior of the Czech Republic). You will find current information and examples from everyday life!

Students from countries which are not on the low-risk list:

- must report in the Czech Republic to the regional public health authority by filling in the electronic Public Health Passenger form. Please fill in the arrival form before leaving for the Czech Republic and prepare a copy of the Form for border control.
- And also
  - From countries with a medium risk: must show negative result of antigenic test (the test must be performed no more than 24 hours before the start of the journey.) or RT-PCR test (no more than 72 hours before the start of the journey.)
  - From countries with a high risk: must show negative result of antigenic test (the test must be performed no more than 24 hours before the start of the journey.) or RT-PCR test (no more than 72 hours before the start of the journey.) Within 5 days on arrival undergo a RT-PCR test at their own expense and submit the result electronically to the regional public health authority.
  - From countries with a very high risk: must show negative result of RT-PCR test (the test must be performed no more than 72 hours before the start of the journey.) No sooner than 5 days but latest on the 14th day after arrival, undergo an RT-PCR test at their own expense and submit the result electronically to the regional public health authority.

List of testing points is available here.
In whole Czech Republic the protection of the mouth and nose is mandatory:

- in the settled areas of cities - at least a surgical face mask,
- in all indoor spaces, i.e. in shops, in public transport, at the doctor’s and at offices, but also on the platform and at the stop - respirator (FFP2, KN95) or nano face mask,
- Students coming from medium, high and very high risk countries must wear a respirator (FFP2, KN95 and similar) for 14 days in all situations.

Until receiving the result of the RT-PCR test performed on the territory of the Czech Republic, limited free movement applies, with the exception of trips to ensure basic necessities (purchase of food, doctor, etc.), back to your place of residence and urgent official matters.

If a test for COVID-19 is ordered by a general practitioner or public health authority, this test is paid from insurance. Likewise, treatment related to COVID-19 is paid from insurance (up to the stipulated indemnity limit), if the patient is infected in the Czech Republic.

**Recommended preventive behaviour:** Use masks as ordered and recommended.

- Maintain the recommended distance (2 m) whenever possible.
- Ensure increased hygiene, especially of the hands (frequent washing of hands with water and soap or use of disinfectant gel), as well as frequently used items (regularly clean, ideally with disinfectant spray, your mobile phone, keys, laptop, wallet, etc.).
- Do not visit places with high numbers of people in one place, or if so remain there only for the essential amount of time (supermarket, post office, etc.). More information at: [https://koronavirus.mzcr.cz/en/frequently-asked-questions/](https://koronavirus.mzcr.cz/en/frequently-asked-questions/)

If you suffer from symptoms*, which could indicate COVID-19 disease, proceed as follows:

1) Contact your study officer/curator of your centre via telephone. We recommend getting a Czech telephone number.
2) If the officer/curator cannot be contacted (evening, weekend), contact the assistance services of your insurance provider: **SLAVIA insurance company** – phone: 255 790 262. **PVZP insurance company** (Axa Assistance):
   - Basic health insurance **PZVZP** - phone: 272 099 927
   - Comprehensive health insurance **PVZP** - phone: 272 099 943.
   When calling these numbers you can also speak English and Russian. **Describe your symptoms and where you are located. You will receive information on how to proceed.**

*Update 1. 3. 2021*
3) If you are unable to call and need to seek help in person, YOU MUST UNCONDITIONALLY USE A FACE MASK TO COVER YOUR MOUTH AND NOSE WHEN COMING INTO CONTACT WITH OTHERS.

*Symptoms which you should be wary of and proceed as described above:

- Shortness of breath/feeling of impeded breathing (feeling of weight upon the chest and/or feeling of insufficient air, breathlessness during regular activities – e.g. moving about the apartment). It may appear suddenly during a state of good health, or as a gradually worsening of symptoms.
- Elevated temperature, fever
- Dry cough
- Loss of taste and smell
- If you have severe health problems (shortness of breath/feeling of impeded breathing unrelated to cough, fever exceeding 38 degree, dry cough), call 155 or hotline 1221 is also available in English (Mon-Fri 8-19, Sat+Sun 9-16.30) and proceed according to the operator’s instructions.