Information for Institute for Language and Preparatory Studies (ÚJOP UK) students in connection to COVID-19

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 (e.g. 2-5 fabric or disposable masks for at least 2 weeks). 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: https://koronavirus.mzcr.cz/ (CZE) and https://koronavirus.mzcr.cz/en/ (ENG).

Students from countries which are not on the low-risk list must report on arrival in the Czech Republic to the regional public health authority and immediately undergo a RT-PCR test at their own expense. The test must be performed in the Czech Republic. Confirmation of the negative test must be in the Czech language.

It is necessary to undertake the test for a second time after 14 days due to increased caution towards other students.

If the student does not submit a test to the regional public health authority within 72 hours, they will be ordered into quarantine. The test can be taken directly at Vaclav Havel airport with the result within 12-24 hours.

List of other testing points is available here.

Wearing a face mask is mandatory for a period of 14 days from arrival in the Czech Republic. For a period of 14 days, limited free movement in the Czech Republic also applies, with the exception of journeys to school and to ensure basic living needs (purchase of food, a doctor, etc.) and to ensure 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.

- From 1 September 2020 until further notice, the protection of the mouth and nose in public transport is mandatory throughout the Czech Republic.
- In the whole republic, it is currently mandatory to wear face masks when visiting premises of public authorities and administrative bodies, in health and social care facilities.
- 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/

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.

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 **224 972 222** and proceed according to the operator’s instructions.