COVID-19 information for students of ILPS CU

Practical information:

It is easy to purchase respirators in the Czech Republic, but we recommend bringing them with you based on your own needs (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 respirator) 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!

LIST OF COUNTRIES ACCORDING TO LEVEL OF RISK (from August 23, 2021)

ARRIVAL DUTIES:

- **All** students must fill 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 low or medium risk**: must show negative result of antigenic test (the test must be performed no more than 48 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 RT-PCR test (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 RT-PCR test 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.
- **Arrival of long-term visa holders from countries with extreme risk of COVID-19 are not allowed at all.**
- **Exclusion from the arrival testing:**
  - A person who has had COVID-19 and can provide a confirming certificate (at least 11 days, but not more than 180 days, have passed since the first positive result of an RT-PCR test)
  - Fully vaccinated holders of the European Certificate of Vaccination, resp. holders of recognized vaccination certificates from third countries.

Update 20. 8. 2021
Note: foreign country nationals – holders of a long-term visa arriving through third country can enter the territory of the Czech Republic under the conditions described above.

Self-isolation – 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.

- Self-isolation at the ILPS CU Dormitories applies to all incoming students; and it takes about one week (5 days + approximately 48 hours till the test results come).

RESPIRATORS

- OUTSIDE – it is not compulsory to wear a respirator outside, with exclusions to:
  - After arrival to the Czech Republic from abroad till the negative RT-PCR result
  - Open-air concert, cultural events and other.
- INSIDE - 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)

TESTING

List of testing points is available [here](#).

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.).

Update 20. 8. 2021
- 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 - PVZP insurance company (Axa Assistance):
   - Basic health insurance PVZP - 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 hotline 1221 is also available in English (Every day 8-19 o’clock) and proceed according to the operator’s instructions.