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

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:
  - you are required to undergo an RT-PCR or a RAT test before entering the Czech Republic or no later than within 5 days after entering the Czech Republic (for antigen testing, a written certificate of the negative result of a rapid antigen test (RAT), which is not older than 48 hours from the date of the antigen test; for RT-PCR testing, a written certificate of the negative result of an RT-PCR test, which is not older than 72 hours from the date of the RT-PCR test)

- From countries with a high or very risk:
  - you are required to have the result of an RT-PCR test before entering the territory of the Czech Republic (for RT-PCR testing, a written certificate of the negative result of an RT-PCR test, which is not older than 72 hours from the date of the RT-PCR test);
  - you are required to undergo an RT-PCR test not earlier than on the 5th day but no later than on the 7th day after your entry into the territory of the Czech Republic;
  - whenever you leave your place of accommodation, you are required to wear a respirator or a similar piece of equipment

- 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

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

It is necessary to wear the given respiratory protection outdoors, if there is an accumulation of over 30 persons in the given area (concerts, sports matches, etc.) and at the same time it is not possible to keep the 1.5 m distance; the obligation applies inside in all cases when it is not possible to keep the 1.5 m distance.

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.

From the comprehensive health insurance of foreigners (from the so-called Premium healthcare services), it is possible to reimburse, for example, PCR tests up to the amount of the “Premium healthcare services”, i.e. most often up to the amount of CZK 2,400 a year.

VACCINATION

Foreigners can get vaccinated in the Czech Republic and the amount will be reimbursed to them from their comprehensive health insurance.

Recommended preventive behaviour: Use masks as ordered and recommended.

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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 - 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 hotline 1221 is also available in English (Every day 8-19 o'clock) and proceed according to the operator’s instructions.

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