

GUIDELINES REGARDING COVID-19 MEASURES

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MAIN WEBPAGES FOR UPDATED INFORMATION

Ministry of Health

- the **List of countries with a LOW risk of COVID-19 contagion** – regular updates [here](#)

Ministry of Interior

- information regarding visa and residence permit
- **Conditions for entry of persons to the territory of the Czech Republic (valid from August 25th, 2020 00:00) in accordance with the Ministry of Health Protective Measure** (pdf, 237 kB) – further updates of this document can be found [HERE](#) (in the lower part of the webpage)

Ministry of Foreign Affairs - information regarding entry to other countries is the responsibility of the embassies in the countries of destination

COVID-19 information main line – 1221 (The Central Public Health Authority – Hygienická stanice)

- on weekdays from 8 a.m. to 7 p.m.

- on weekends from 9 a.m. to 4:30 p.m.

WHAT TO DO IN YOUR SITUATION

A. I AM COMING FROM THE COUNTRIES OF A LOW RISK OF COVID-19

+ no transit longer than 12 hours in the country listed as a high risk of COVID-19 + no stay longer than 12 hours in the last 14 days prior to the arrival in the country of a high risk of COVID-19

1. Follow the **GENERAL MEASURES IN PUBLIC SPACE** indicated by the Ministry of Health – regular update [here](#).

B. I AM COMING FROM THE COUNTRIES OF A HIGH RISK OF COVID-19

or

+ TRANSITING longer than 12 hours in a country of a high risk of COVID-19

or

STAYING longer than 12 hours in the last 14 days prior to the arrival in the country of a high risk of COVID-19

1. TAKE THE PCR TEST (submit the result within 72 hours from the entry):

Please be aware that tests from abroad are not valid for the territory of the Czech Republic.

AIRPORT

Please follow the [protective measures](#) after your arrival at the airport.

You can take the PCR test right at the Vaclav Havel airport -

<https://www.prg.aero/en/testing-covid-19>.

OTHER MEANS OF TRANSPORT

If you come by other means of transport, book the appointment for the PCR test in advance – you have to take the test during first 72 hours after your entry. (During the 72 hours, limit the free movement in the country.)

LIST OF TESTING POINTS see [here](#)

2. CONTACT THE CENTRAL PUBLIC HEALTH AUTHORITY (Hygienická stanice hlavního města Prahy) about your arrival

- by email to: covid-hc@hygpraha.cz to inform of your arrival;
- required information: name + surname, postal address/residency in Prague, nationality, date of arrival to the Czech Republic

3. RESULT OF THE PCR TEST NEGATIVE - SELF – QUARANTINE for 10 days after PCR-test taken

After the 1st test taken, you shall self-quarantine for 10 days even if you do not have any symptoms and the result of the test is negative.

You can self-quarantine at the dormitory or in a private or temporary accommodation. **Self-quarantine implies you will stay mostly indoors for 10 days, have limited contact with others, will not receive visitors and will not travel locally or regionally** (doing only necessary activities such as grocery shopping).

+ SEND THE RESULT OF THE TEST TO THE CENTRAL PUBLIC HEALTH AUTHORITY (submit the result within 72 hours from the entry)

By email to: covid-hc@hygpraha.cz your PCR testing result. If you receive any other confirmation/document besides SMS from the testing point, please add this to your email to the Public Health Authority as well.

4. TAKE THE 2nd PCR TEST after 10 days and SEND TO THE CENTRAL PUBLIC HEALTH AUTHORITY

You are obliged to re-test after 10 days and again send the result to the Public Health Authority by the email. If the test is negative, you no longer needs to stay in quarantine and just follow the general measures in public spaces.

RESULT OF THE PCR TEST IS POSITIVE

1. STAY IN THE SELF-QUARANTINE, the self-isolation must not be less than 10 days and last 3 days of your isolation you shall not have any symptoms of the disease (if you have the symptoms, continue with the isolation)

You are OBLIGED to avoid any contact with others (no visits, no classes, no hanging out with friends) and the necessary shopping shall be arranged online or via friends.

The start of the isolation is counted from the date the laboratory sample is collected.

+ SEND THE RESULT OF THE TEST TO THE SANITARY STATION (submit the result within 72 hours from the entry) AND FOLLOW THEIR INSTRUCTIONS

By email to: covid-hc@hygpraha.cz your PCR testing result. If you receive any other confirmation/document besides SMS from the testing point, please add this to your email to the Public Health Authority as well.

CURRENT MEASURES FOR ISOLATION AND QUARANTINE are announced by the MINISTRY OF HEALTH, CHECK the updates HERE.

2. **CONTACT IMMEDIATELY** your host university coordinator and **DORMITORY** in case you stay there (accommodation@kam.cuni.cz, koleje.emergency@cuni.cz)
3. **CONTACT IMMEDIATELY** all people you have been in contact with (flatmates, classmates, friends, gym, etc.) and that you stayed in a closed space for more than 15 minutes or there was a physical contact (handshake etc.)
4. **Take care of your health and mind, stay in touch with your friends and family online. In a health emergency, contact 112.**

C. IF YOU GET IN CONTACT WITH INFECTED PERSON

infected person notified you or you were contacted by the Public Health Authority

1. **STAY IN THE SELF-QUARANTINE, the self-isolation must not be less than 10 days and last 3 days of your isolation you shall not have any symptoms of the disease**
You are OBLIGED to avoid any contact with others (no visits, no classes, no hanging out with friends) and the necessary shopping shall be arranged online or via friends.
The start of the isolation is counted from the date of the last contact with the infected person.
If the infected person reported meeting with you at the Public Health Authority, wait to their instruction.
General instructions announced by the Ministry of Health are: One PCR test must be conducted between the 1st and 5th day and a second PCR test on the 10th day. If the test is positive, the person must be isolated. If the test is negative and there are no clinical symptoms, quarantine may be terminated.
2. **CONTACT IMMEDIATELY** your host university coordinator and **DORMITORY** in case you stay there (accommodation@kam.cuni.cz, koleje.emergency@cuni.cz)
3. **NOTIFY** all people you have been in contact with (flatmates, classmates, friends, gym, etc.) and that you stayed in a closed space for more than 15 minutes or there was a physical contact (handshake etc.) **TO BE OBSERVATIVE OF THEIR HEALTH**

CURRENT MEASURES FOR ISOLATION AND QUARANTINE are announced by the MINISTRY OF HEALTH, CHECK the updates [HERE](#).

PREVENTIVE MEASURES AT DORMITORIES

Students are obliged to follow measures to prevent spread of COVID-19 at the student dormitories. Please check carefully preventive measures at the webpage of student dormitories [here](#).

GENERAL MEASURES IN PUBLIC SPACES

There are hand sanitizers on the walls in each of the buildings of Faculty of Social Sciences. Please follow the protective measures as indicated by the Ministry of Health [here](#).

General measures:

- Wear face masks according to the current governmental measures
- Avoid close contact with people who are ill or have symptoms of COVID-19
- Wash your hands often with soap and water
- Avoid touching your eyes, nose, and mouth
- Use hand sanitizer as a disinfectant as much as possible
- Avoid crowded areas
- Keep social distancing where possible

HEALTH INSURANCE

Be aware that it is responsibility of each student to arrange health insurance valid in the Czech Republic including health care related to COVID-19 disease. For a list of Czech health insurance providers, see [here](#).

INTERNATIONAL OFFICE

We kindly ask our students to be considerate of other fellow students, academics and administrative staff and wear face masks at the visits of the International Office. We therefore urge you to bring sufficient amount of face masks for your need. There is hand sanitizers at your disposal in the office so please use it every time while entering. Likewise, we suggest to keep distance between one another while waiting at the International office (corridor).

For actual information you can follow the faculty [website](#).

EMERGENCY CONTACTS

In need of help, the student can contact Charles University using the e-mail address emergency@cuni.cz. For more information please visit the faculty [website](#).