

What to do if you feel unwell ([typical symptoms](#)) or have been in contact with someone who is Covid-19 positive

Please note that there are currently no special Covid-19 requirements in place at the central university level. However, please pay attention to the requirements stated by the Czech Health Ministry.

- The minimal duration of the self-isolation is **7 days** from a positive PCR test result.
- During the self-isolation, you are required to avoid contact with other persons and to wear an **FFP2 respirator** in all shared and public interior places
- The isolation period can be terminated only in the case that you don't have any Covid-19 symptoms **during the 3 last days** of the minimal isolation period
- It is **not possible to end your isolation earlier**, not even with a negative test result
- A positive antigen test has to be **confirmed by a PCR test** - please check the list of testing points ([here](#)).
- Referrals for a PCR test are issued by a general practitioner based on Covid-19 symptoms.

During the isolation period, you can use **delivery services** (online supermarkets) such as www.kosik.cz, www.rohlik.cz, www.itesco.cz, Pharmacy: www.pilulka.cz (Should you feel unwell the most typical medicine for fever and flu symptoms are called Paralen, Panadol.), which also provides pharmacy delivery.

In case you are staying in one of the **CU halls of residence**, please also contact your dormitory office for more information.