

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

- 1) Get tested (you can buy an antigen test at the reception of the dormitory or at the pharmacy).
- 2) If the result is positive, you need to inform the accommodation office of your dormitory, your roommates and make an appointment for the PCR test (testing points [here](#)). Until you get the result you have to stay in self-isolation.

Once you receive a result that is

- a) **POSITIVE** - inform the accommodation office of the dormitory, your roommates, your IO coordinator, university European office at plus@cuni.cz, your colleagues with whom you have been in contact in the last 3 days.
You have to be isolated for 5 days ([here](#)).
Rest well, drink tea, ask your friends to do your grocery shopping (they can leave it at the door) or shop online Online grocery stores: 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.)
As for the classes - Exchange students have to inform the teachers of each course and ask for a link to be able to participate online (if possible).
- b) **NEGATIVE** - inform the dormitory that you are ok (Try to rest to get well soon, it might be flu.)

The Covid helpline is 1221 (at the beginning there is automatically recorded message in Czech so wait to be put through).

After your recovery log in <https://ocko.uzis.cz/> and follow the instructions to obtain the certificate contracting the infection in the past 180 days and recovery.