

INFORMATION FOR STUDENTS AND EMPLOYEES OF WARSAW UNIVERSITY OF TECHNOLOGY
BASIC INFORMATION, PREVENTION AND GUIDELINES BY THE GENERAL SANITARY INSPECTORATE
DUE TO THE RISK OF TRANSFERRING THE NOVEL CORONAVIRUS (SARS-COV-2) TO POLAND*

YOU CAN FIND ALL UP-TO-DATE INFORMATION ON: <https://www.gov.pl/koronawirus>

additional information sources can be found at the end of this document

A)

If you **haven't travelled abroad recently** – remember to follow the rules listed below:

Basic protective measures against the novel coronavirus causing COVID-19*

(*the following guidelines by GSI: <https://gis.gov.pl/aktualnosci/informacja-dla-uczeln-wyzszych-w-zwiazku-z-ryzykiem-zawleczenia-na-obszar-polski-nowego-koronawirusa-sars-cov-2/>)

Wash you hands often

Wash your hands often using soap and water. If you don't have any, use liquid/gel based on alcohol (min. 60%).

Why? Washing hands using the above methods shall kill the virus if you have it on your hands.

Keep a safe distance

Keep at least 1 meter distance between you and other people, especially those who cough, sneeze or have fever.

Why? If someone infected with a virus causing respiratory disease, like COVID-19, coughs or sneezes, expels under pressure small drops of saliva and mucus containing virus particles. If you are too close, there is a risk you can inhale them.

Apply appropriate protection rules when coughing or sneezing

When coughing or cover your mouth and nose with your elbow or handkerchief – throw the handkerchief immediately afterwards to a closed bin and wash your hands using soap and water. If you don't have any, use liquid/gel based on alcohol (min. 60%).

Why? Covering your mouth and nose when coughing or sneezing prevents germs and viruses from spreading. If you cough or sneeze in your hands, you could contaminate the touched things or persons.

Avoid touching your eyes, nose or mouth

Why? Your hand can touch many surfaces, that can be contaminated with virus particles. If you touch your eyes, nose or mouth with dirty hands, you can transfer the virus upon you.

If you have mild respiratory symptoms and you haven't travelled to regions, in which SARS-CoV-2 persistent transmission is suspected**

If you have mild respiratory symptoms and you haven't travelled to northern Italy, China, South Korea, Iran, Japan, Thailand, Vietnam, Singapore or Taiwan (as of 27th Feb 2020), remember to apply basic protection rules when coughing or sneezing, as well as hygiene. If possible, stay home until recovery.

IF YOU HAVE FEVER, COUGH OR BREATHING DIFFICULTIES, PLEASE SEE THE NEXT PAGE

HOW TO REPORT YOUR ARRIVAL FROM THE REGIONS OF PERSISTENT SARS-CoV-2 TRANSMISSION TO A SANITARY-EPIDEMIOLOGICAL STATION IF YOU HAVE NO SYMPTOMS?**

THE EASIEST WAY IS TO SEND AN EMAIL TO KORONAWIRUS@PSSEWAWA.PL

YOU CAN ALSO CALL THE CENTERMED ADVISER: +48 22 592 48 77 LUB +48 22 592 48 78

* <https://gis.gov.pl/aktualnosci/informacja-dla-uczeln-wyzszych-w-zwiazku-z-ryzykiem-zawleczenia-na-obszar-polski-nowego-koronawirusa-sars-cov-2/>

** <https://www.ecdc.europa.eu/en/areas-presumed-ongoing-community-transmission-2019-ncov/>

*** <https://gis.gov.pl/aktualnosci/zasady-postepowania-z-osobami-podejrzanyimi-o-zakazenie-nowym-koronawirusem-2019-ncov/>

Additional information:

<https://gis.gov.pl/kategoria/aktualnosci/>

<https://www.pzh.gov.pl/>

<https://pssewawa.pl/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019> (EN)

<https://www.ecdc.europa.eu/en/novel-coronavirus-china> (EN)

(The following guidelines by GSI: <https://gis.gov.pl/aktualnosci/informacja-dla-uczeln-i-wyzszych-w-zwiazku-z-ryzykiem-zawleczenia-na-obszar-polski-nowego-koronawirusa-sars-cov-2/>)

IF YOU HAVE FEVER, COUGH OR BREATHING DIFFICULTIES, GET MEDICAL HELP

READ CAREFULLY THE FOLLOWING INSTRUCTIONS

B)

If you have been to northern Italy, China, South Korea, Iran, Japan, Thailand, Vietnam, Singapore or Taiwan in the last 14 days

and

you have noticed symptoms such as: fever, cough, breathlessness and breathing problems, then

immediately inform a sanitary-epidemiological station by phone

+48 22 310 79 36 or +48 22 310 79 04 (8:15 a.m. – 3:15 p.m.)

or

report directly to the infectious ward or observation and infectious ward, where the further medical procedure will be determined.

VOIVODESHIP INFECTIOUS DISEASES HOSPITAL IN WARSAW
37, WOLSKA STREET
INFECTIOUS DISEASES WARD

Casualty Ward
+48 22 33 55 261
+48 22 33 55 265
 e-mail: ip@zakazny.pl

On-Duty Doctor
+48 22) 33 55 330



<https://goo.gl/maps/oyVmdr3845QVrcdu8>

IF YOU HAVE FEVER, COUGH, BREATHING DIFFICULTIES BUT YOU HAVEN'T TRAVELLED

Respiratory symptoms accompanied by fever can have many causes, e.g. viral (influenza, adenovirus, rhinovirus, coronavirus, parainfluenza virus) or bacterial (Haemophilus influenzae, pertussis, chlamydia, mycoplasma).

IF YOU DON'T FULFILL EPIDEMIOLOGICAL CRITERIA A VISIT TO A FAMILY DOCTOR IS RECOMMENDED FIRST***

– you haven't travelled to regions of persistent SARS-CoV-2 transmission

(update can be found: <https://www.ecdc.europa.eu/en/areas-presumed-ongoing-community-transmission-2019-ncov>)

On 27th Feb it is: China, Hong-Kong, Iran, northern Italy (Emilia-Romagna, Lombardy, Piemonte, Veneto), Japan, Singapore, South Korea

– you didn't have close contact with a person with the SARS-CoV-2 infection

– you didn't work or visit in a healthcare unit in which SARS-CoV-2 infected patients were treated

AN APPOINTMENT WITH A FAMILY DOCTOR IN CENTERMED WARSAW CAN BE MADE BY CALLING +48 22 592 48 00, 7:30 A.M. - 6:00 P.M. THE BEST IS TO TELEPHONE IN THE MORNING BECAUSE AFTER 8:00 A.M. PLACES FOR THE CURRENT DAY MAY ALREADY BE BOOKED

REMEMBER!

Whenever you assess that someone's health or life is at risk – contact the emergency **112** or **999**

IN URGENT CASES, THE STUDENTS AND EMPLOYEES OF THE WARSAW UNIVERSITY OF TECHNOLOGY MAY ALSO ASK THEIR QUESTIONS TO CENTERMED CONSULTANTS BY PHONE: +48 22 592 48 77 OR +48 22 592 48 78 – 24-hour service in Polish and English

OR BY E-MAIL:

SOS@CENTERMED.PL (PL)

HELP@CENTERMED.PL (EN)

We answer 8:00 a.m. - 8:00 p.m. (response time depends on the complexity of the question and the total number of inquiries)

*** <https://gis.gov.pl/aktualnosci/zasady-postepowania-z-osobami-podejrzanymi-o-zakazenie-nowym-koronawirusem-2019-ncov/>