



IMPORTANT INFORMATION CONNECTED WITH COVID-19 FOR ERASMUS STUDENTS

Protocol for controlling the spread of SARS-CoV-2 infection at New University



1. Actual information about Coronavirus disease COVID-19 in Slovenia and abroad

You can find up to date information about the situation connected with COVID-19 in Slovenia on the website of the **National Institute of Public Health**: <https://www.nijz.si/en> .



2. Regulations for Entering into Slovenia, based on January 2021

The situation which came into force **9.1.2021** in Slovenia is demanding to have **negative test to COVID-19**, otherwise you will need to stay in **quarantine for 10 days**.

In the following link you can see in which **laboratories** you have to take the test, depending on which country you are coming from: <https://www.nlzoh.si/en/objave/priznavanje-rezultatov-testiranj-na-prisotnost-virusa-sars-cov-2-pri-prehajanju-meja/>.

Please notice, that the test shouldn't be older than 48 hours.

All other important information are available in this web page:
<https://www.nlzoh.si/en/objave/priznavanje-rezultatov-testiranj-na-prisotnost-virusa-sars-cov-2-pri-prehajanju-meja/>.





3. Is wearing a mask at the New University and its faculties members mandatory?

The use of a protective mask or other forms of protection of the oral and nasal area in a **closed public space and outside** is mandatory. Hand disinfection is also **mandatory**.

I feel bad. What should I do?

If you get signs of an **acute respiratory infection** (cold, cough, sore throat, fever, muscle aches...), **stay home, limit contact** with other people and consult your **chosen doctor over the phone** and follow his instructions. If he / she estimates that the suspicion of a new coronavirus infection is justified, he / she will give you further instructions over the phone. **It is also important that we do not go to the doctor, for emergency medical care or to the hospital in person. If we need to seek emergency medical help, we first call her on the phone.**

It is up to each individual to decide (as before the spread of SARS-CoV-2) whether his or her medical condition is appropriate and consult a doctor. During the spread of coronavirus, we need to pay even more attention to our health and, above all, **follow the guidelines for preventing SARS-CoV-2 virus infection**. Responsible behavior towards oneself and others makes a decisive contribution to the successful management of the spread of the disease. This means that we consistently implement preventive measures: in closed public spaces and in public transport, we **disinfect our hands** and **wear a mask, observe a safe distance of 2 meters**, and **wash our hands regularly** and thoroughly with soap and water. If water and soap are not available, disinfect your hands and follow proper cough hygiene.

Contact information of Student Health Centre

Student Health Centre of the University of Ljubljana (Zdravstveni dom za študente Univerze v Ljubljani – ZDŠ) offers health services in the following areas:

- general practice and family medicine
- dentistry
- gynaecology and obstetrics
- clinical psychology
- psychiatry
- diagnostic laboratory



Location: **Ljubljana at Aškerčeva cesta 4**, between the Faculty of Arts and the Faculty of Mechanical Engineering.



4. I was in contact with an infected person - what to do?

The Interim Measures for Mitigation and Elimination of Consequences Act COVID-19 introduced a new home quarantine regime, which entered into force on 24 October 2020. The changed epidemiological situation requires adaptation in all areas relevant to the epidemic. Epidemiologists only make contact with newly confirmed infected people. On the instructions of the epidemiologist, the person who has been confirmed to be infected with the corona virus will inform everyone with whom he has been in close contact with the infected person. If he / she has the **#OstaniZdrav application** installed, he / she will enter the code as instructed by the epidemiologist, thus enabling everyone who has it loaded and included to be informed about the risky contact with him / her via the application.

All those who have been informed that they have been in close contact with an infected person directly or through an application **should stay at home** and **act as if they are quarantined at home**.

#OstaniZdrav

PRENESI APP >

Google Play

WWW.GOV.SI

REPUBLIKA SLOVENIJA
VLADA REPUBLIKE SLOVENIJE

Obvarujmo sebe in druge pred COVID-19



5. How to treat a person with suspected COVID-19 at a higher education institution?

Any person showing visible signs of an infection that could be SARS-CoV-2 is immediately referred home and advised to call a personal physician or emergency service. Special care and consistent use of protective equipment is required, as well as observance of a safe distance between them and thorough hand hygiene.

Premises where a person has moved are ventilated, thoroughly cleaned, and disinfected mainly of the surfaces that the person has touched (taps, door handles).

Due to the constant increase in the number of people infected with the SARS-CoV-2 coronavirus in Slovenia, the NIJZ (National Institute of Public Health) has adopted a new protocol of epidemiological investigations, which seeks the origin of the infection only in kindergartens, primary and secondary schools, care centers, homes for the elderly and health care institutions. are among the high-risk institutions, while at universities or faculties that are considered low-risk (ie, physical contact was maintained when a person was in contact, both persons wore a mask), he no longer conducts epidemiological investigations.

In the case of a confirmed infection with the SARS-CoV-2 virus, the patient receives only an e-mail from the NIJZ with instructions, which he should forward to all those with whom he was in contact during the period of infection, ie. 2 days before the onset of signs of infection.

As male and female students do not have all the contacts of their colleagues, they should immediately **inform the Student Affairs Service in case of infection**. The faculty will pass it on to students in the same group.

Anyone who has been in low-risk contact with a sick person can move freely, they are not quarantined, but it is recommended to avoid all unnecessary contact with other people and to closely monitor their health.


6. Preventive measures to reduce the risk of Infections from Coronavirus

Coronavirus (COVID-19)


Preventive measures to reduce the risk of infection from Coronavirus

Symptoms


You may have one or more of these symptoms
(which are similar to other illnesses such as cold or flu)



High Fever




Cough




Shortness of breath

Frequently wash both hands thoroughly with soap and water for 20 seconds. Before eating, feeding others and touching your face/nose. After going to the toilet, after touching frequently touched surfaces or being in contact with dirt, dust or fluid.




Stay at home if you feel unwell. If you have either a fever, cough or difficulty breathing seek immediate medical attention - call in advance.




Follow your Ministry of Health advice.


Cover your nose and mouth when you cough or sneeze. Use a tissue and dispose of it in a closed bin, or sneeze into your elbow. Then wash your hands with soap.




Avoid close contact. Maintain at least 2m distance from anyone coughing or sneezing. Avoid group gatherings. Use non-contact greetings.




Regularly clean frequently touched surfaces with disinfectant. Including door handles, mobile phones, light switches, lift buttons, work stations and tables.





How can I grocery shop safely in the time of COVID-19?




When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

17 April 2020

#Coronavirus #COVID19



LIVE HEALTHY
STAY NEGATIVE

STAY NEGATIVE - IT'S THE POSITIVE CHOICE



7. You are positive to COVID-19. What to do?

If your quick test and PCR test have shown that you are positive to COVID-19 you must **immediately stay in quarantine and inform everybody with whom you have been in contact in the last week** about it.

Secondly, you should **inform also your faculty coordinator and Erasmus+ tutor** to give you some extra information about your life in quarantine and how your study obligations will be proceeding.

List of New university Erasmus+ coordinators and Erasmus+ tutors

European Faculty of Law

Nataša Kolavčič natasa.kolavcic@epf.nova-uni.si, contact number 00386 5 338 4406

Kristina Slejko kristina.slejko@epf.nova-uni.si, contact number 00386 5 338 4405

Erasmus+ tutor Peter Antolin peter.antolin@gmail.com, contact number 00386 51 272 418

Faculty of Government and European studies

Zdenka Volarič zdenka.volaric@fds.nova-uni.si, contact number: 00386 4 260 18 53

Ana Kozar ana.Kozar@fds.nova-uni.si, contact number: 00386 4 260 18 53

How to organize your daily life in quarantine?

- **You can order food delivery.** For the list of all kind of food delivery restaurants you can check here: <https://www.ehrana.si/en/ljubljana>.
- **You can also do on-line grocery shopping.** Some of Slovenian grocery stores are offering you on-line grocery shopping. Use translation of webpage to understand the procedure of on-line shopping.
<https://trgovina.mercator.si/market> (helpline: 080 20 81)
<https://www.spar.si/online/welcome/>
- In case you need medicine, you have on-line pharmacy available at:
<https://www.lekarnaljubljana.si/spletna-lekarna> (contact number: +386 1 23 06 100)

8. Life in quarantine

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. All adults should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week.

STAY PHYSICALLY ACTIVE

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. All adults should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week.

Remember - just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease your muscles and improve blood circulation and muscle activity.

Regular physical activity benefits both the body and mind. Regular physical activity can help give our days a routine. It's also good for our mental health - reducing the risk of depression, cognitive decline and delay the onset of dementia - and improve overall feelings.



Follow an online exercise class. Take advantage of the wealth of online exercise classes. Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.

Walk. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.

LOOK AFTER YOUR MENTAL HEALTH

The new realities of working from home, temporary unemployment and lack of physical contact with other family members, friends and colleagues take time to get used to. Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.



Here are tips and advice that we hope you will find useful.

Keep informed. Listen to advice and recommendations from national and local authorities. Follow trusted news channels, such as local and national TV and radio.

Have a routine. Keep up with daily routines as far as possible, or make new ones.

Get up and go to bed at similar times every day.

Keep up with personal hygiene.

Eat healthy meals at regular times.

Exercise regularly.

Allocate time for studying and time for resting.

Make time for doing things you enjoy.

Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed.

Social contact is important. If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.

Limit the amount of alcohol you drink or don't drink alcohol at all. Don't start drinking alcohol if you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.

Screen time. Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.

Video games. While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.

Social media. Use your social media accounts to promote positive and hopeful stories. Correct misinformation wherever you see it.

EAT HEALTHY

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.





Tips for maintaining a healthy diet:

1. Eat a variety of food, including fruits and vegetables.
2. Cut back on salt.
3. Eat moderate amounts of fats and oils.
4. Limit sugar intake.
5. Stay hydrated: Drink enough water.
6. Avoid hazardous and harmful alcohol use.





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