

# Coronavirus disease (COVID-19)

– basic info for international  
students

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**Due to the threat of spreading SARS-CoV-2 coronavirus, we urge you to comply with the following safety rules:**

People who have come from the regions with reported confirmed cases of infection in the last 14 days, as well as the ones showing symptoms resembling those of flu, are asked to settle all matters, formalities or any other business by phone or e-mail, or by third parties without appearing in person at Czestochowa University of Technology, and avoid human gatherings or public places.

Protect yourself and others from infection.

# Coronavirus disease (COVID-19)

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If you have mild respiratory symptoms  
and you did not travel to China  
or other regions with reported confirmed cases of infection,  
remember to follow basic protective rules for coughing,  
sneezing and hand hygiene,

and if possible, stay at your apartment until you recover.

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## Basic protective rules for coughing, sneezing and hand hygiene

**Wash your hands frequently** - regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Maintain social distancing** - maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Avoid touching eyes, nose and mouth**

**Practice respiratory hygiene** - make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

## **Stay informed and follow advice given by your healthcare provider**

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

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### Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water

Protect yourself and others from getting sick

### Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

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## Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
immediately after use

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick



## Protect others from getting sick



**Avoid close contact** when you  
are experiencing cough and fever

**Avoid spitting in public**



If you have fever, cough and  
difficulty breathing **seek medical**  
**care early** and share previous travel  
history with your health care provider



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If you have visited the regions with reported confirmed cases of infection in the last 14 days and you have noticed symptoms such as: fever, cough, dyspnoea and breathing problems

- you should immediately notify a [sanitary-epidemiological station](#) via phone (**+48 34 344-99-26** or: **+ 48 34 344 99 00** or **+48 34 344 99 01**)  
or
- immediately seek medical help. For medical help we recommend calling **National Health Fund Hotline +48 800 190 590** or **emergency numer: 112** (or hospital: **+ 48 34 367 38 73** Wojewódzki Szpital Specjalistyczny im. N.M.P., Oddział Obserwacyjno-Zakaźny, ul. Polskiego Czerwonego Krzyża 7)



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Explain any doubts about your health condition by PHONE or other methods of remote consultation.

**DO NOT GO** TO MEDICAL CLINIC or FACULTIES/LECTURES/TEACHERS or INTERNATIONAL STUDENTS OFFICE (unless you are asked to do so) or **DO NOT GO TO THE HOSPITAL** without prior arrangement.

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To avoid communication problems you may always call our International Students Office.

During working hours (08.00-15.00 Monday – Friday)

ERASMUS+ students: CALL **+48 34 325 04 31** or **+48 34 361 33 78**

Full-time students: CALL **+48 34 325 04 92** or **+48 34 325 04 02**

After working hours and at the weekend (24/7)

CALL: **+48 665 330 369** or **+48 518 937 357** or **+48 726 660 165**

**Please note that if you get signs of infection it is especially important not to infect others.**

**Therefore, we kindly ask you: if you have symptoms of infection, STAY IN YOUR APARTMENT and CALL THE APPROPRIATE INSTITUTIONS or CALL OUR INTERNATIONAL STUDENTS OFFICE.**

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More info (World Health Organization):

Basic protective measures against the new coronavirus: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

General info: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

WHO situation reports: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Map: <https://who.maps.arcgis.com/apps/opsdashboard/index.html#/ead3c6475654481ca51c248d52ab9c61>

Ministry of public health: <https://www.gov.pl/web/zdrowie/coronavirus>