

USEFUL INFORMATION ABOUT COVID-19

FOR STUDENTS OF THE UNIVERSITY OF WROCLAW

Information by World Health Organization

most common occurring symptoms:



DRY COUGH



TIREDESS



FEVER $>37,5^{\circ}\text{C}$

less common symptoms:

muscle pain; sore throat; diarrhea; conjunctivitis; headache; loss of taste or smell; skin rash or discoloration of the fingers and toes

serious symptoms:

breathing difficulty or shortness of breath; chest pain or breathlessness; loss of speech or motor skills

What should I do when I suspect a coronavirus infection?

A student is obliged to immediately inform the head of the appropriate University unit – their place of study – via phone, or via e-mail, about suspected SARS-CoV-2 infection. **Even if you are unsure but have symptoms of infection, in last 10 days had contact with person with symptoms or positive test result or are quarantined – you must notify the University.** The best is to contact your *Dean's Office*, *Coordinator of your studies* and *International Office* at once – they will forward your report to special unit of the University which is responsible for investigating and controlling cases with a possible coronavirus disease. All information with contact data for foreign students is available on the University website, websites of Faculties and website of International Office. You should also **report to the e-mail covid19@uwr.edu.pl** operated by Occupational Health and Safety and Fire Protection Department or by phone:

71 375 24 89

71 375 29 22

Please be sure to separate yourself from other people immediately to stop spreading the virus and contact District Sanitary and Epidemiological Station in Wrocław. Don't go there in person – it is best to call their helpline or write them an email with your contact data so they will be able to contact you back. Next follow the instructions of the Station's staff or persons manning the helpline.

psse.wroclaw@pis.gov.pl

693 900 908

781 400 199

887 811 060

CORONAVIRUS helpline is available Monday to Friday between 7:30 AM and 8 PM

If the **condition** of the person showing the symptoms of SARS-CoV-2 infection **worsens**, one should **call an ambulance** in order to transport the individual to the nearest infectious diseases ward, and immediately report the event to the District Sanitary and Epidemiological Station. Do not try to go to hospital by bus or taxi – care about safety of others. Do not hold on information about your symptoms if you will be asked by ambulance dispatcher about them.



HOSPITALS WITH INFECTIOUS DISEASES WARD IN WROCLAW:

Wojewódzki Szpital Specjalistyczny im. J. Gromkowskiego

ul. Koszarowa 5
51-149 Wrocław

Uniwersytecki Szpital Kliniczny im. Jana Mikulicza-Radeckiego we Wrocławiu

ul. Tytusa Chałubińskiego 2
50-368 Wrocław

Remember to have your medical documents with you as well as your ID. Also it is good to inform one close friend about the situation in case you will need help during this time (write them a message via phone).

How to be sure that it is not just a cold?

If you have symptoms, but are not sure if it is COVID-19, you can **contact a medical center** in Wrocław, and **ask for doctor diagnosis via phone call** (medium used during pandemics). Addresses and contact information of some medical centers:

EMC Instytut Medyczny

ul. Łowiecka 24
071 71 71 497

*recepca.lowiecka@emc-sa.pl
In the email mention your data, contact number
and attach scan of your insurance/EHIC (blue card)*

Specjalistyczna Przychodnia

Lekarska VITA
ul. Oławska 15
071 34 33 556

DOLMED

ul. Legnicka 40
071 77 11 777

Centrum Medyczne PRACTIMED

ul. Pabianicka 25
071 79 83 679
practimed@poczta.onet.pl

MOST IMPORTANT:

- 1. ISOLATE YOURSELF**
- 2. INFORM THE UNIVERSITY:**
*Dean's Office
Coordinator
International Office
covid19@uwr.edu.pl*
- 3. CONTACT DISTRICT SANITARY AND EPIDEMIOLOGICAL STATION IN WROCLAW**
- 4. IF YOUR CONDITION WORSENS CALL AN AMBULANCE**