

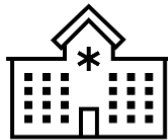
Medical assistance & quarantine



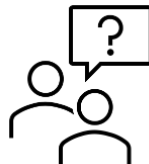
Centermed



Shopping



Hospitals



Psychological and local support



Library & entertainment

Medical assistance & quarantine

If you are not feeling well and have Covid-19 symptoms or you have had contact with an infected / potentially infected person, please follow the steps below:

- isolate yourself (avoid leaving your flat → order food etc. online with delivery)
- contact a Medical Center (i.e. CenterMed) → teleconsultation with a doctor
- monitor your health (i.e. check your temperature);

You can also contact the Ministry of Health hotline (24-hour service) → +48 800 190 590 / +48 22 152 66 00.

If your first SARS-Cov-2 diagnostic test was positive (**COVID-19 infection confirmed**):

1. **Inform IRO** about this fact.
2. If you have no symptoms, **isolate yourself for 10 days** – do not leave home during the time of your quarantine.
If any symptoms occur, home **isolation is extended by the doctor** (isolation ends no earlier than 13 days after the symptoms occur); if you observe any of the symptoms, contact a doctor as soon as possible.
3. Everyone who stays with you in the same household must be quarantined (home isolation). Everyone with whom you were in contact (face-to-face) should be informed about your health situation and should contact the District Sanitary and Epidemiological Station (SANEPID) as soon as possible in order to isolate him/her-self and start a quarantine.
4. During your quarantine:
 - a. you are **not allowed** to leave your home (the fine for leaving one's is up to 30 000 zł);
 - b. you are required to install the **Home Quarantine app** (in Polish: "kwarantanna domowa") via App Store or Google Play;
 - c. Police officers can visit you to check whether you are home (it's random control);
 - d. monitor your health on a daily basis, in case you are not feeling well, contact a doctor as soon as possible;
 - e. on the 7th day of quarantine, you will receive an SMS concerning next / final steps.
5. **Your doctor will decide when you will finally end the quarantine.**



Even if you do not have the PESEL number (the national identification number in Poland), a doctor can issue:

- a **medical prescription** (e-recepta) on the basis of your identity document (passport or ID). When a prescription is issued, you can use it at a pharmacy. In order to purchase medication, you will have to provide your document number (passport or ID) and the prescription number;
- (in case you are not feeling well) a **medical certificate**, confirming that you cannot participate in classes. A scan of the certificate can be sent to the e-mail address provided by the student. It is important to inform the doctor that the medical certificate will be submitted to the university;

Important! It is not possible to enter Centermed unless you have an appointment. To book one, please contact +48 801 404 402 (Monday-Friday, 7:00 – 20:00). Remember that you should provide the clinic with a **Polish telephone number**, so that the doctor can contact you. Unfortunately, the clinic is not able to call foreign numbers.

More information available at <https://www.gov.pl/web/coronavirus>;

Shopping

You can order food, cleaning products, cosmetics etc. online:

[Auchan Direct](#)

[Glovo](#)

[Frisco](#)

You can order food (restaurants):

[Pyszne.pl](#)

[UberEats](#)

[Wolt](#)

You can order medications (pharmacies online*):

[DOZ](#)

[Ziko](#)

[Melissa](#)

[wApteka](#)

*the websites are available in Polish; we suggest using a browser with a translation feature.

Mental wellbeing

If you need psychological help, remember that you can receive it from the [University Psychological Counselling Centre](#).

ESN Mentor

If you need help, you can also apply for an [ESN Mentor](#).

Library – online access*

In order to use the online resources of the Library of the University of Warsaw, you need to **write an e-mail to reklamacje.buw@uw.edu.pl**, providing your full name and surname and your student number (K-xxxxx).

*For the period of your quarantine, you will be granted access to online resources only. After the quarantine you can apply for full access (to be able to borrow books from closed and open stacks). Once you receive your Electronic Student Card, you will have to create an account at the Library (in person).

Youtube

[University of Warsaw](#) – several lectures in English;

[Polish with Ania](#) – learn Polish with Dr. Anna Rabczuk, Polonicum, UW;

[It's OK to panic](#) – Climate documentary prepared in collaboration with prof. Malinowski from the Faculty of Physics, UW.