

## PROCEDURE FOR DEALING WITH AN EPIDEMIOLOGICAL RISK OF CORONAVIRUS.

### PATHWAY 1

If you have symptoms characteristic of COVID-19 such as: fever, shortness of breath, cough, general fatigue, loss of smell and taste, then:

- 1) Call your designated Primary Care Physician to schedule an interview at a clinic or by phone. **We recommend contacting the [UNIMEDYK \(AMU\) clinic](#) by e-mail at [recepty@unimedyk.pl](mailto:recepty@unimedyk.pl).**
- 2) Provide the following data by e-mail:
  - a. Your first and last name;
  - b. Your Passport/ID number;
  - c. Scan of your EHIC (European Health Insurance Card);
  - d. Your phone number where you can be reached 24/7.
- 3) A covid-19 test can be ordered by your doctor after a physical exam or as part of a phone interview, in the course of which symptoms of SARS-Cov-2 are diagnosed: fever above 38 °C, coughing, shortness of breath, loss of smell and taste.
- 4) If your doctor decides you need a COVID test, you will receive your individual test request number by phone with information about the mobile collection/swab points (here, find a list of collection/swab points in Poznan and Wielkopolska Voidevoidship <http://nfz-poznan.pl/page.php/1/0/show/15939/>).
- 5) Your doctor reports your suspected SARS-COV-2 infection to the District Sanitary and Epidemiological Station.

#### **If you test positive, result (+)**

1. Your doctor informs you of a positive result. If, in the doctor's opinion, the course of the disease does not require placing you in a hospital, you will remain in home isolation and under the supervision of your doctor.
2. if your condition deteriorates, the doctor directs you to a designated Specialist Hospital and the Hospital staff decides whether you should be admitted a patient, referred to the isolation room or not or sent back for quarantine at home.

You need to report to the designated hospital's emergency room on your own.

If you are unable to go to the drive-thru collection/swab point on your own, your doctor contacts the Regional Sanitary and Epidemiological Station (WSSE) by phone and provides information about the need to perform the test. The WSSE issues a test order and sends an ambulance to you to perform the test.

In case of life-threatening symptoms, you should call the emergency number 999 or 112 and inform the dispatcher that you are in home isolation.

### PATHWAY 2

#### **Personal contact - high risk exposure**

#### **Every person who:**

- 1) has had direct contact with the infected person;
- 2) was in direct contact (face-to-face) with the infected person (for any time);
- 3) has had close contact with a sick person indoors (conference rooms, waiting rooms, etc.).
  - a) at a distance of less than 2 m, for more than 15 minutes;
- 4) has had contact on board a plane or on other means of public transport, etc.

**is obliged to report this fact to the AMU Erasmus+ Office at [erasmus@amu.edu.pl](mailto:erasmus@amu.edu.pl).**

The Erasmus+ Office is obliged to inform the Vice Rector for Human Resources and Development about a case of illness or suspected illness without delay and District Sanitary and Epidemiological Station in Poznan.

In addition, such person should:

- 1) prepare a list of people whom he/she has been in contact with in the last 7 days and pass it on to the Erasmus+ Office at [erasmus@amu.edu.pl](mailto:erasmus@amu.edu.pl)

The designate employee of the District Sanitary and Epidemiological Station decides on:

- a) a 10-day quarantine, following the day of contact with the source of infection which ends automatically unless the sanitary inspector decides otherwise;  
or
- b) home isolation - the duration depends on the health condition of the person in question and the decision of the primary care doctor or the doctor providing care for the patient in the hospital or the isolation facility.

### PATHWAY 3

#### Personal contact - low risk exposure

**A person who has had a contact:**

- 1) with an infected person more than 2 m away and for less than 15 minutes;
- 2) face to face with an already sick person at a distance of more than 2 m for less than 15 min. than 15 minutes;

**is obliged to report this fact to the AMU Erasmus+ Office at [erasmus@amu.edu.pl](mailto:erasmus@amu.edu.pl).**

A low-risk contact person conducts self-observation and monitors possible symptoms and health condition for SARS-Cov-2. In case of the absence of symptoms after 10 days - the student returns to normal life routines unless the program coordinator/dean decides otherwise.

Students may perform a test at his/her own expense (however, not earlier than 5-7 days after the contact with the infected person) in the following laboratories and others:

- 1) [Diagnostyka: Drive & Thru](#), Tesco Shopping Center parking lot, ul. Serbska 7 – price: 495 PLN,  
ph.: +48 663 680 217;
- 2) [MED Polonia](#): Drive & Thru, ul. Obornicka 262 – price: 499 PLN,  
ph.: +48 61 664 33 00;
- 3) [Instytut Genetyki Człowieka Polskiej Akademii Nauk](#) – price: 390 PLN  
(possible at-home testing), ph.: +48 61 657 91 00;
- 4) [Kamed Centrum Medycyny Rodzinnej](#), ul. Obornicka 227 – price: 399 PLN,  
ph.: +48 58 58 58 800;
- 5) [MEDICOVER](#) – price: 450 PLN  
(self-testing kit), ph.: +48 500 900 550.
- 6) <https://www.damian.pl/en/> (drive-through and walk-ins, tent at the Panorama Shopping Center parking lot, ul. Górecka 30)