

Univerza na Primorskem UP Študentski domovi
Università del Litorale UL Case dello studente
University of Primorska UP Student residences



GUIDELINES FOR LIVING IN STUDENT RESIDENCES IN TIMES OF ACTIVE MEASURES AGAINST THE SPREAD OF THE SARS-CoV-2 (COVID-19) DISEASE

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1. Entering the student residence

From 18 May 2020 onwards, students with an active residing contract can again live in the student residences, in line with the current regulations. In doing so, they need to follow these guidelines, which take into account the recommendations of the National Institute for Public Health (Nacionalni inštitut za javno zdravje – NIJZ) and which will be updated in line with the guidelines published at <https://www.nijz.si/sl/sproscanje-ukrepov-covid-19>. Only residents who do not have any symptoms of Covid-19 can enter the student residence. They must sign a statement when they return to the student residence. The statement is in the appendix to these guidelines.

2. Following general recommendations of NIJZ

- Avoid close contact with people and maintain distance from other people, especially from people who show signs of an infectious disease,
- Do not touch your eyes, nose and mouth,
- Follow the recommendations for cough hygiene,
- Regularly wash hands with soap and water,
- If soap and water are not available, you can use hand disinfectant with at least 60% ethanol.

3. Using common facilities

- Social gatherings in common rooms and walking between different floors is prohibited.
- The use of internal and external recreational and social areas (fitness, common study rooms, rooms for socialising) is prohibited.
- Before every entry into the residence and on each floor, disinfectant is available – hands must be sanitised before entering the premises and the floor.
- Masks must be worn in common rooms (halls, staircases, laundry room, drying room, joint kitchens); students must provide their own masks.

- A maximum of 3 people can use the common room at the same time. They have to maintain 1.5 metres distance from each other.
- One student at a time can use the joint laundry room / drying room. When entering, they have to disinfect their hands.
- A maximum of 2 people can use the common kitchen at the same time in ŠD Prisoje. When entering the kitchen, users have to disinfect their hands. After use, they have to clean the dishes immediately, dry them and return them to the cupboard. Each user should disinfect the working area before use by spraying with the available disinfectant.
- Lifts are not operating until further notice.

4. Living in rooms and general life in the dormitories

- Dormitory parties are strictly prohibited.
- Outside visits are strictly prohibited.
- Overnight stays of outside guests are strictly prohibited.
- Residents can only use the facilities on the floor where they have their room.
- Students can be outside, but have to maintain a safe distance. Rooms and apartments have to be ventilated multiple times a day.

5. Cleaning and disinfecting the rooms

- Residences are regularly cleaned, and surfaces which are often touched (door knobs, pipes, sinks, etc.) disinfected.
- Ventilation of common rooms is compulsory.
- Residents must regularly clean their rooms and apartment and, if needed, disinfect the objects and surfaces which they touch often (door knobs, desks, windows and walls, toilet seat, pipes, etc.).

6. In case of developing disease symptoms

If you develop disease symptoms, call your personal doctor, doctor on duty (or in urgent matters 112) for further guidance. Other residents should notify the employees of the Student Residences as soon as possible about the suspected COVID-19 infection.

7. Students in quarantine

Students with temporary residence in a student dormitory and who were outside of the EU for more than 14 days, must be quarantined for 14 days. Quarantine is a measure limiting free movement of healthy people and is ordered by the Republic of Slovenia Ministry of Health. When you are quarantined, follow the order and the following:

- Do not leave the dormitory (do not leave the dormitory, do not visit the faculty, shops or other institutions, do not use public transportation or taxis).
- Avoid contact with other people and do not accept visitors in your dormitory.
- Monitor your health using the Table for health monitoring (available at the link below).
- If you develop symptoms of respiratory infection (e.g. tiredness, dry cough, fever, difficulty breathing or shortness of breath) or other symptoms mentioned in the Table for health monitoring, call your personal doctor or doctor on duty, where you will receive further guidelines. Inform your doctor that you are in quarantine.
- To receive basic food and hygiene products, make arrangements with neighbours, UP ŠD employees or a friend for help – they can deliver the groceries to the dormitory. They should not enter your room, but leave the groceries in front of your room and notify you about the delivery over the telephone.
- Regularly ventilate the rooms you are using. Ventilate the room for 5-10 minutes multiple times a day.
- Follow the NIJZ guidelines, published at <https://www.nijz.si/sl/priporocila-za-ravnanje-v-karanteni-na-stalnemzacasnem-naslovu>.

8. Appendix: Statement (see the next page)

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STATEMENT

I, the undersigned student,

_____ (name and surname), before
returning to room _____ of the dormitory _____ UP ŠD,

DECLARE that:

1. I have not had any of the following symptoms in the last 14 days: fever, dry cough, headache, tiredness, sore throat, difficulty breathing or shortness of breath, diarrhoea, and that I was healthy;
2. I was not in contact with anyone who has confirmed SARS-CoV-2 in the last 14 days;
3. I will stay at home if I develop the above-mentioned symptoms or a person in my household (when preparing to return to the dormitory) is confirmed for SARS-CoV-2;
4. I will regularly ventilate and disinfect the rooms and follow the guidelines in available common rooms;
5. I am aware that I have to disinfect my hands when I enter the dormitory and that I have to use a mask when walking around the dormitory (except in my own room);
6. I will follow all regulations of NIJZ and UP guidelines, which are accessible on webpages, sent via e-mail and published on notice boards;
7. I am aware that the following violations will be considered as disciplinary violations of rules and additional regulations and can result in immediate conviction without the possibility of appeal: organising social gatherings and parties, ignoring prohibition of overnight stays of outside people, ignoring hygiene measures and disinfection in rooms and ignoring measures which create a safe environment for other residents in common areas.

Date: _____

Signature: _____