



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

# Behaviours to manage and prevent the spread of SARS-CoV-2 infection

**Summary information  
for Students**

To protect yourself and limit the spread of infection, prevention is the most effective weapon. Access to, stay on and exit from the University campuses require specific measures to be taken to ensure the protection of one's own health and that of the entire university community. The rules to be complied with are detailed in the [Behavioural Guidelines - Epidemiological Emergency Protocol from SARS-CoV-2 \(Guidelines\)](#) and in the [Procedure for the management of symptomatic and positive cases of SARS-CoV-2 \(Procedure\)](#). All those who enter Università Cattolica are required to read these documents. Below is a summary of the main measures to be followed, also meant, in paragraph two, to highlight the main steps to be taken for the management of symptomatic and positive cases, i.e. the related close contacts. Moreover, it is strongly recommended to the whole university community to use the IMMUNI app (<https://www.immuni.italia.it/>).

## 1. PREVENTIVE MEASURES

### 1.1. Before entering the University

- Stay at home and do not go to the University in the event of a respiratory infection with a fever above 37.5 °C - to be measured before travelling to the University - and/or other COVID-19-related symptoms; contact your general practitioner (GP or family doctor) as soon as possible.
- Follow any medical prescriptions related to COVID-19 received by the Health Authorities (e.g. isolation, swab testing, also in the case you are among the close contacts of a positive case).
- Wait for the completion of the above prescriptions before returning to the campuses.
- Comply with the regulations and reference indications in the home - University route, also with reference to the use of means of transport, sanitising your hands before entering Università Cattolica.
- Access to the campuses according to the modalities established by the University competent structures and disseminated through institutional communication channels.
- Access activities (such as lectures) and academic and administrative services in presence (e.g. library and student secretariats) respecting the procedures established by the University and according to the rotation systems defined by the competent structures and, where necessary, remotely.
- Keep with you certificates (e.g. digital receipts, app notifications, e-mails) authorising attendance at the University, to be shown if required.

### 1.2. During your access and stay at the University

- Wear a suitable face mask (the use of the so-called "community masks" is not authorised) and keep with you your own equipment, considering the need for replacement due to wear and tear during your stay at the University.
- Access the campus only from the allowed accesses, in an orderly manner, respecting the interpersonal distance of at least 1 metre, paying attention to the indications provided by the University staff in charge of body temperature detection.
- It is not allowed to enter the University if the temperature detected at the entrance is higher than 37.5 °C; respect the indications provided by the staff in charge; contact your general practitioner promptly and comply with any indications received by the Health Authorities, also with reference to your returning home.

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- Contact the COVID-19 reference numbers or inform the security staff, the teaching support staff, or the staff in charge of providing academic and administrative services of the possible appearance of any confirmed COVID-19 symptoms during your stay at the campuses; do not go to the ER and/or the infirmary, follow the established procedures and the instructions given by the staff in charge, as well as any communications received by the health authorities, also with reference to the returning home.
- Access and leave classrooms in an orderly manner, avoiding unnecessary stationing and gatherings in or around the classrooms (e.g. corridors and courtyards).
- During the breaks between the activities scheduled at the University, use the spaces available for this purpose, if provided for and specifically indicated.
- In the classrooms with a fixed position, occupy the “chequered” positions, respecting the minimum distance of 1 metre, with a margin of 10%.
- Strictly respect the hygienic and behavioural standards established by the University. Frequently practice hand hygiene, even more so in the case of contact with surfaces and tools of communal use or before entering classrooms and rooms where services are provided.
- Remain inside the University, including in open spaces, exclusively for the time necessary to carry out the activities in which you are involved.
- Conduct meetings limiting the number of participants, and favouring the use of “remote” communication tools, where applicable. Meetings with professors/lecturers takes place remotely.
- Respect the maximum capacity of the rooms used, i.e. the number of simultaneous attendances allowed.
- Privilege the use of stairs instead of lifts, the use of which is permitted one person at a time.
- Use the appropriate containers for the disposal of disposable masks and gloves.

### 1.3. When leaving the University

- Make sure you do not leave personal belongings inside the University premises.
- Return home respecting the same precautionary measures taken to reach the University.

## 2. MANAGEMENT OF SYMPTOMATIC, POSITIVE AND CLOSE CONTACT CASES

### 2.1. Symptomatic cases

- In the case of a fever exceeding 37,5 °C and/or the appearance of other COVID-19-related symptoms at home, the student must not go to the University and must promptly contact their general practitioner and follow his /her instructions scrupulously.
- In the case of a fever higher than 37,5 °C when entering the University, access is not allowed and the person concerned must contact his/her General Practitioner.
- In the case of fever and/or symptoms detected at the University, during their stay, students should contact the security staff, the teaching support staff, or the staff responsible for providing academic and administrative services and follow the instructions given or, alternatively, contact the COVID-19 reference numbers at the bottom of the page.

## 2.2. Positive cases

- The COVID-19 positive student must remain in isolation and follow the instructions given by the Health Authority.
- The student identified as “close contact” with a positive subject must follow the instructions of the Health Authority.
- Students who have tested positive for COVID-19 or are in any case subject to the prescriptions of the competent Health Authorities (e.g. because they have been identified as close contacts) may return to the University only after they have been cured in accordance with the procedures of the Health Authority and in any case following the completion of the prescriptions received (e.g. term isolation or negativity to COVID-19 certified by the swab).

## 2.3. Contacts with people positive for COVID-19

- Students must contact their General Practitioner and follow his/her instructions even if they are aware that they have been in situations at real risk of infection, including in particular: i) having been in contact with a COVID-19 positive subject; ii) having been in contact with a symptomatic subject with prescriptions by the competent Health Authority (e.g. fiduciary isolation and swab prescription).

## CONTACT DETAILS

The references to be used for the communications referred to in this notice are as follows:

- Milan +39 02 7234 2000
- Rome +39 06 3015 8770 (oppure 8771)
- Brescia +39 030 2406 499
- Piacenza/Cremona +39 0523 599 111

Further general information is also available at [infocoronavirus@unicatt.it](mailto:infocoronavirus@unicatt.it).



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