

COVID-19 UNIZA instructions

If you have a symptoms of Covid-19
or
your test was positive

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Call MUDr. Kurimská

+421 41 5652134 / +421 918 994 907

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**Inform your Faculty
coordinator
or Mrs. Straniansková**



WHAT'S NEXT ?



Stay in your room



**Inform the people you
have been in direct
contact with**



**After that you will be
move to the isolation
room**



DRINK WATER

at least 1.5 l per day.
Drink 3 dcl glasses of
water every 3 hours



USE PAPER TISSUES

and throw them into the
toilet. Don't leave them in
the bin



OPEN THE WINDOW

frequently and change
the air in the room



DISINFECT

handles or frequently used
parts



UNIZA

THE RECOMMENDED SUPPLEMENTS TO IMPROVE YOUR CONDITION

VITAMINS

Vitamin C 1000 - 1 pill daily

Vita D Lip 4000 - 1 bag daily

Zinkosel - 1 pill daily

Ascolip - 1 daily

Vitaglucan - 1 pill/2 time per day

MEDICAMENTS



Sore throat - Glimbax

3 time per day, pour 15 ml of the solution into the
mouth, gargle for 2 minutes and spit out. Do not eat or
drink for 30 minutes after it.

Running nose - Panaviral spray or Quixx - 2 time per
day/per each nostril

Fever - Nurofen stopgrip
3 time per day/1 pills



Cough - Ditustat or Stoptussin - 30ml/3 time per day

**IF YOUR CONDITION DOES'T IMPROVE, CONTACT
YOUR DOCTOR OR COORDINATOR AGAIN**

