

Information for incoming students required observe self-quarantine

To cope with the Covid-19 pandemic, the Italian Government has imposed some restrictions on travels to Italy.

These guidelines are addressed to all students coming from Countries, from which it is required to observe a 14-day quarantine period in self-isolation.

>> You can easily check it on the Italian Ministry of Health [official website](#).

What does self-isolation mean?

It means that you will not be allowed to leave the place you're staying at for the first 14 days you are in Italy.

We hope you will find these guidelines a useful point of reference for all the doubts and questions related to how to manage your self-isolation period.

Contents

Getting to your accommodation from the airport.....	3
Accommodation.....	3
Stay safe at your accommodation	4
Grocery Shopping.....	4
Getting a sim to connect the internet	4
Buying medicines	5
Medical assistance	5
Entertainment.....	5
Download the official app “Immuni”	6
Where to find reliable information on Covid-19.....	7
Contacts.....	7

Getting to your accommodation from the airport

Self-isolation for people coming from the Countries mentioned [here](#), applies immediately after entering the country. Therefore, you are only allowed to reach the address where you have chosen to self-isolate, by the shortest possible route and without using any means of public transport.

If you are a guest at somebody's home, your host can pick you up at the airport, only if he/she is a member of your household and is wearing personal protective equipment. Alternatively, you may get a taxi or rent a car (but check beforehand if your driving licence is valid in Italy!).

Only use public transport if you have no other option and always wear a mask to cover your mouth and nose.

Accommodation

Please, note that self-isolation is not allowed in the Polimi residences. For this reason, Politecnico di Milano is committed to issue a refund/reduction to all the students who have had to postpone their check-in due to the quarantine imposed after entering the Country.

If you need any help in finding a place to stay, please check the following links:

RESIDENCES

- [Private Partners Residences](#)

Erasmus Students Network (ESN)

- [Website](#)
- [Housing service](#)

YESMILANO

- [Website](#)
- [Services for students](#)
- [Rents](#)
- [Tips for Finding accommodation](#)
- [Register to the website](#)

You can also watch our [Webinar](#) about **housing options** and **tips to find accommodation** in case you have missed it.

Stay safe at your accommodation

While you observe your quarantine period, remember a few important rules:

- ✓ Since hands are the best virus vehicle, wash them frequently with soap and hot water, for at least 20 seconds. Use alcohol-based hand sanitiser if soap and water are not available. Avoid touching your eyes, nose, and mouth.
- ✓ Regularly check your state of health: discomfort, tiredness, fever, cough, or sudden loss of sense of smell or sense of taste might be signals of an infection from Covid-2019.
- ✓ Cover your mouth and nose with a disposable tissue when you cough or sneeze.
- ⊘ If you're staying at a hotel or guest house, you must stay away from others who didn't travel with you, so it's important that you don't use shared areas such as bars, restaurants, and sports facilities.
- ⊘ You should not have visitors, including friends and family; The only friends and family who you can have contact with are those who travelled with you or people you are staying with.
- ⊘ Do not go out or visit any public areas. You should not go shopping. If you require help to buy food, to do other shopping or pick up medicines, you should ask friends or relatives or order a delivery, and be sure you keep at a distance when the delivery is carried out (check "Grocery Shopping").

Grocery Shopping

Online grocery shopping is the most recommended solution. There are several supermarkets and apps providing this service. Check the link to the respective websites. Please note that Italian supermarkets websites/apps only have the Italian version. But all the food is presented with photos as well.

[Amazon](#)

[Carrefour](#)

[Conad](#)

[Pam a casa](#)

[Glovo](#)

[Coop](#)

[Esselunga](#)

Getting a sim to connect the internet

Having a local SIM allows you to easily place calls within Italy, use data, and even take your phone between different EU countries without additional fees.

As you won't be allowed outside your residence for 14 days, if you have the chance we recommend you to buy an Italian SIM card at the airport straight after your arrival. Look for stores like TIM, Vodafone, Wind3, ILIAD but stay away from the stands inside the baggage claim area of the airport, which tend to sell overpriced SIM cards for tourists. Almost every cell phone company in Italy will sell you a SIM for €10.



TIP! Italy is part of the European Union, so [EU roaming regulations](#) apply. If you have a SIM card from any EU country you can use it in Italy at no extra charge.

For the first two weeks you should create a Wi-Fi hotspot or tether your phone to your computer or tablet, as in order to install a modem you will need technicians to come to your place, which won't be possible while you are in self-quarantine.

Buying medicines

It is a good idea to take with you a supply of the medicines that you usually take at home, especially medical prescriptions. However, in case of emergency, here are some medicine delivery websites and apps:

If you need over-the-counter medicines (e.g. paracetamol, ibuprofen...) you can order them through the app or the Website [Glovo](#). The service is active in Milan (24/7) and in Piacenza. (English version available)

There are also specialized apps and websites through which you can order also medicines prescribed by a doctor, by entering your NRE (prescription number). For example:

- [Pharmap](#) (website and app) is available in Milan, Cremona, Piacenza and other towns in the hinterland of these cities (Italian only).
- If you are in Cremona or Milan you can use the website www.consegnefarmaci.it (Italian only).
- In Lecco it is possible to order medicines through www.pharmercure.com (Italian only).

Medical assistance

For general information, [call 1500](#), a public utility number activated by the Italian Ministry of Health.

If you experience flu-like symptoms or respiratory problems you should not go to the Emergency Room of the hospitals, but instead call your insurance company to get in contact with a general physician or call the regional toll-free number **800.89.45.45**.

For life -threatening emergencies that need immediate ambulance response ONLY, [call the emergency number 112](#) and wait for rescue in the place where you are.

If you need Psychological support, please call the number [800.833.833](#)

Entertainment

We understand that these first 14 days in Italy in voluntary quarantine may be a struggle, but please consider that this is just a temporary situation and a preventative measure to protect yourself and the people around you. Furthermore, just think of how much time you have left to enjoy Italy and your social life once the self-quarantine is over!

In any case, we have prepared a list of suggestions to spend these two weeks in a fun and productive way:

BE SOCIAL!

Even if you can't meet people in real life, you should not isolate yourself! Call your friends and family from home, join international students' groups on Facebook, try to get in touch with other international students from your country or who will be studying your programme...they might be in the same situation as you and it will be very helpful to support each other!

LEARN ITALIAN

You have just arrived in Italy, but as you are stuck at home, this is the perfect time to master at least the basic skills, isn't it? Check out these great online resources to start your Italian learning journey:

- [12 Italian phrases for absolute beginners](#)
- [Italian for beginners: tell your name, age, and city of origin in Italian](#)
- [Babbel](#)
- [Duolingo App](#)
- Other courses are available [here](#).



STAY PHYSICALLY ACTIVE

Exercise can have a positive impact not only on your health but also on your mood and wellbeing! Luckily, online you can find several [fitness](#) and [yoga](#) videos or apps that you can download to help you stay fit for free!

Last but not least, check the [Polimi Sport Facebook page](#) and keep yourself updated on the Politecnico di Milano teams and activities!



START COOKING!

While you are at home with lots of free time on your hands, why not doing some cooking? This is a truly Italian pastime! You may want to cook a typical dish from your home country if you feel homesick, or start exploring the Italian cuisine by making something like [pizza](#) or [pasta alla carbonara](#) (English subtitles available).

Download the official app “Immuni”

To help fighting the COVID-19 epidemic, the Italian Government has created an app, Immuni, that uses technology to alert the users who have had a risky exposure—even if they are asymptomatic. We recommend you to [download it](#).

Immuni also protects your privacy. Want to know more? Take a look at the [FAQ](#) section.



immuni

Where to find reliable information on Covid-19

It is important to be updated on the health situation in Italy by visiting reliable websites, such as:

- [World Health Organization - Official Coronavirus webpage](#)
- [European Centre for Disease Prevention and Control](#)
- [Istituto Superiore di Sanità - Official epidemiological data about Coronavirus](#)
- [Italian Ministry of Health - Coronavirus Webpage](#)
- [FermaimoloInsieme - Official Information Website by Regione Lombardia](#)

- Municipality of Milano - Coronavirus webpage - <https://www.comune.milano.it/home/coronavirus-informazioni-e-link>
- For the latest updates on Covid-19 measures and trends please visit:
<http://www.protezionecivile.gov.it/en/risk-activities/health-risk/emergencies/coronavirus>

Please be aware of fake news!

Here are some trustworthy online newspapers to read Italian news in English:

- ANSA (Italian National Press Agency): <https://www.ansa.it/english/>
- BBC: <https://www.bbc.com/news/topics/crr7mlg0d2wt/italy>
- The Guardian: <https://www.theguardian.com/world/italy>

Contacts

For any questions about the management and organisation of activities by the Politecnico di Milano, please write to the following address: monitoraggio@polimi.it

Stay safe at PoliMi! 