**Izjava študentke / študenta pred vstopom na UL Akademijo za glasbo**

**za zajezitev širjenja COVID-19**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ime in priimek)

1. v zadnjih 14 dneh nisem imel kateregakoli od naslednjih simptomov/znakov: povišana telesna temperatura, kašelj, glavobol, slabo počutje, boleče žrelo, nahod, težko dihanje (občutek pomanjkanja zraka), driska oz. je bil v tem obdobju zdrav;

2. v zadnjih 14 dneh nisem bil v stiku z osebo, pri kateri je bila potrjena okužba s SARS-CoV-2,

3. če se bodo pri meni pojavili zgoraj navedeni znaki/simptomi ali bo potrjena okužba s SARS-CoV-2 pri osebi, ki z menoj biva v istem gospodinjstvu (najpogosteje družinski član), bom ostal doma.

Izjavljam, da sem seznanjen s PROTOKOLOM ZA ZAPOSLENE IN ŠTUDENTE OB VRAČANJU NA DELO V POSLOVNE PROSTORE UL AG v času veljave ukrepov za preprečevanje širjenja SARS-CoV-2.

Kraj in datum:

Podpis:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Če zbolite z zgoraj navedenimi znaki/simptomi ali bo potrjena okužba s SARS-CoV-2 pri osebi, ki z vami biva v istem gospodinjstvu (najpogosteje družinski član), naj ostane doma in omeji stike z drugimi ljudmi. Če je ste bolan-i, za nadaljnja navodila pokličite svojega izbranega ali dežurnega zdravnika. V primeru potrjene okužbe v družini ali drugega tesnega stika z okuženo osebo boste nadaljnja navodila prejeli od epidemiološke službe.

**Priporočamo vam, da omejite stike s starejšimi (npr. s starimi starši) in osebami s pridruženimi kroničnimi boleznimi ali imunskimi pomanjkljivostmi, saj so le-ti bolj ogroženi za težek potek bolezni.** Druženje mladostnikov namreč poveča tveganje za okužbo mladostnikov.

**Osnovne informacije o COVID-19**

Okužba z virusom SARS-CoV-2 lahko povzroči koronavirusno bolezen 2019 oz. COVID-19.

Inkubacijska doba (čas med okužbo in pojavom bolezni) je lahko do 14 dni, povprečno približno 6 dni.

Bolezen se najpogosteje kaže z znaki/simptomi okužbe dihal, to je s slabim počutjem, utrujenostjo, nahodom, vročino, kašljem in pri težjih oblikah z občutkom pomanjkanja zraka. Pri približno 80% okuženih bolezen poteka v lažji obliki. Pri otrocih je potek bolezni praviloma lažji, tveganje za težek potek in zaplete pa se poveča pri starejših (zlasti starejših od 60 let) in osebah s pridruženimi boleznimi, kot so srčno-žilne bolezni, bolezni pljuč, jeter, ledvic, sladkorna bolezen, imunske pomanjkljivosti ipd.

Za težji potek bolezni je značilna pljučnica. Za potrditev ali izključitev okužbe s SARS-CoV-2 je potrebno mikrobiološko testiranje. Okužba s SARS-CoV-2 se med ljudmi prenaša kapljično, z izločki dihal. Za prenos potreben tesnejši stik z bolnikom (razdalja do bolnika manj kot 1,5 m). Okužba je možna tudi ob stiku s površinami, onesnaženimi z izločki dihal. Za preprečevanje okužbe je tako najpomembnejša dosledna higiena rok in kašlja. Podrobna navodila za preprečevanje okužbe in več informacij na spletni strani Nacionalnega inštituta za javno zdravje: <https://www.nijz.si/sl/koronavirus-2019-ncov>

**STATEMENT OF STUDENT**

**BEFORE ENTERING THE PREMISES OF UL Academy of Music**

**while releasing measures to stop the spread of COVID-19**

The undersigned\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(name and surname)

1. in the last 14 days I have not had any of the following symptoms/signs: fever, cough, headache, malaise, sore throat, cold, shortness of breath (feeling short of breath), diarrhea – I was healthy in the last 14 days,
2. in the last 14 days I have not been in contact with a person who has been confirmed to be infected with SARS-CoV-2,
3. if I experience any of the above signs/symptoms ori f I or a person living with me in the same household (usually a family member) is confirmed to be infected with SARS-CoV-2, I will stay at home.

I declare that I have read and understood the PROTOCOL FOR EMPLOYEES AND STUDENTS WHEN RETURNING TO WORK ON THE BUSINESS PREMISES OF UL AG during the period of validity of measures to prevent the spread of SARS-CoV-2.

Place and date:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you get any of the above signs / symptoms or SARS-CoV-2 infection is confirmed in a person living with you in the same household (usually a family member), stay home and limit contact with other people. If you are ill, call your chosen or on-duty doctor for further instructions. In the event of a confirmed infection in the family or other close contact with an infected person, you will receive further instructions from the epidemiological service.

We recommend that you limit contact with the elderly (e.g., grandparents) and people with associated chronic diseases or immune deficiencies, as these are more at risk for a severe course of the disease. Socializing with adolescents increases the risk of infecting adolescents.

**Basic information of COVID-19**

SARS-CoV-2 virus infection can cause coronavirus disease 2019 or COVID-19.

The incubation period (the time between infection and disease onset) can be up to 14 days, averaging about 6 days.The disease is most often manifested by signs / symptoms of respiratory infection, ie with malaise, fatigue, cold, fever, cough and in more severe forms with a feeling of shortness of breath. In about 80% of those infected, the disease is mild. In children, the course of the disease is usually easier, and the risk of severe course and complications increases in the elderly (especially over 60 years) and people with associated diseases such as cardiovascular disease, lung, liver, kidney, diabetes, immune shortcomings, etc.

The more severe course of the disease is characterized by pneumonia. Microbiological testing is required to confirm or rule out SARS-CoV-2 infection. SARS-CoV-2 infection is transmitted by humans by droplets, through respiratory secretions. Closer contact with the patient is required for transmission (distance to the patient less than 1.5 m). Infection is also possible by contact with surfaces contaminated with respiratory secretions. Consistent hand hygiene and coughing are thus most important to prevent infection. Detailed instructions for the prevention of infection and more information on the website of the National Institute of Public Health: <https://www.nijz.si/sl/koronavirus-2019-ncov>.