

## What to do if you are not feeling well

We are sorry to hear that you are not feeling well. Please, contact the 061, health number, (+34 933 038 158 with a foreign SIM card).

061 Salut Respon is made up of a team of more than 200 professionals including doctors, nurses and technicians, who offer non-face-to-face healthcare and provide health advice and information. At 061 Salut Respon you can carry out administrative procedures and resolve health problems and doubts. If necessary, they will refer you to the most appropriate health center or activate a home doctor, ambulance or SEM medical helicopter to assist you. At 061 Salut Respon you can speak in more than 90 languages and dialects. You can find all the information at the following link: <a href="https://sem.gencat.cat/ca/061-salut-respon/">https://sem.gencat.cat/ca/061-salut-respon/</a> You can also download their app: <a href="https://sem.gencat.cat/ca/061-salut-respon/app-061/">https://sem.gencat.cat/ca/061-salut-respon/app-061/</a>

## Going to a doctor

If you have the European Health Card you can go to the closest Primary Care Center (CAP) or to the closest Primary Care Emergency Center (CUAP):

- You can check which is your assigned Primary Care Center <a href="here">here</a>
- You can find information of Primary Care Emergency Center (CUAP) in Barcelona that are opened 24 hours, 365 days <u>here</u>

If you have a private Insurance, contact them to know which hospital or health center you should go.

## Covid<sub>19</sub>

Infections are increasing again in Spain and other EU countries. In this sense, we strongly recommend you to be extremely cautious in order to prevent the transmission of Covid19, so, please comply with all the necessary hygiene and health measures and avoid having any risky social gatherings, specially indoors but also outdoors. Remember to maintain always the security distance and wearing mask. Also, we would like to remind you the main points of the UB Contingency Plan applicable to COVID-19 health crisis for the academic year 2021-22 (further information is provided at <a href="https://www.ub.edu/web/ub/en/universitat/coronavirus/index.html">https://www.ub.edu/web/ub/en/universitat/coronavirus/index.html</a>).

Action to be taken in the event of a suspicious or confirmed case:

If the suspicious or confirmed case is detected at the University of Barcelona (which does not necessarily mean that the person has been infected at the University, but that the symptoms have appeared at the University):

• The affected person notifies the person in charge at the UB (professor, head of department, head of unit or person responsible for the activity they are carrying out) of the situation.

If the suspected or confirmed case is detected outside the University of Barcelona and the person is a member of the university community (PDI, PAS or student):

- You must go home, stay there and isolate yourself.
- Contact the 061, health number, (+34 933 038 158 with a foreign SIM card) inform them and follow their indications.
- In no case access the buildings and facilities of the UB.
- Write an email to <a href="mailto:incomingcoord.fee@ub.edu">incomingcoord.fee@ub.edu</a> with the following heading: URGENT HEALTH ISSUE: COVID19. We will check the email once a week to monitor these emails and we will activate the UB protocol.

We would also like to inform you that you can ask for psychological support in case of emotional problems derived from the pandemic:

• **UB psychological support:** If you need it you can contact them by filling a short questionnaire, and they will contact you. To fill in the questionnaire, enter to this <u>link</u>.

Although the website is only in Catalan/Spanish, you can write them in English. You will be requested to write your NAME (nombre), your EMAIL (correo electrónico), your PHONE NUMBER (Teléfono), then you will need to select "ESTUDIANTES" (student) and explain the reason for your consultation (Describa brevemente la situación que motiva su consulta).

## Urgent covid19 or other health issues

For any urgent matter, related to these issues, contact us at <a href="mailto:incomingcoord.fee@ub.edu">incomingcoord.fee@ub.edu</a> with the following heading: URGENT HEALTH ISSUE. We will check the email once a week to monitor these emails. In any case, follow all the advice you can find in this document.