**Self-isolation requirements.**

Students and employees who have returned from a country with ‘unfavourable conditions’ are required to ensure their self-isolation for 14 days.

**On entering Russia (or even before if possible):**

* Employees must notify their supervisors and Liudmila Vozian, Head of the Human Resources, at Lvozian@hse.ru or by phone (812) 644-59-11, ext. 61227. Mobile phone: + 7 (981) 862-49-64
* Students, in turn, must inform their programme office managers and Lydia Koshkina, Head of the International Student Support Office, at lkoshkina@hse.ru or by phone (812) 644-59-11, ext. 61748. Mobile phone: +7 (911) 229-46-79
* People who have entered the territory of the Russian Federation after visiting foreign countries must immediately call by phone number 112 and provide information about their return to the Russian Federation, place and dates of stay outside the Russian Federation.

**During self-isolation you must:**

1. Stay home for the next 14 days.
2. In case of symptoms of SARS, you should immediately call a doctor to your home/dormitory;
3. If you live alone and have to adhere to a self-isolation regime, we recommend using delivery services and the help of friends and acquaintances.
4. You must completely exclude contact with other people, if possible. If you live in a dormitory, it is strictly forbidden to leave the room and move around the building;
5. If it is necessary to leave your place (to throw out the garbage, walk the dog ), it is allowed to go outside in a time when there are no people provided you wear a medical mask and use sanitizers.
6. To reduce the risk of infection of family members, you must adhere to the following measures: use a mask, individual dishes, wash your hands frequently and regularly ventilate the room.
7. It is impossible to independently pass tests for coronavirus and avoid self-isolation. The test for the coronavirus is only prescribed by a doctor under certain conditions. People with signs of SARS, who have arrived from countries where at least one case of coronavirus has been recorded, and those who have come into contact with an infected person are subject to examination.