

September 11, 2022

### Updated Corona Guidelines

Dear student,

Please read the following instructions **in case you are not feeling well or have been in contact with a confirmed Covid-19 patient.**

First, you should get tested with an **Antigen Rapid Test** – either a rapid home test, or an official one. Recommendation of Ministry of Health is to get tested 72 hours after contact with a confirmed patient (or right away if you are not feeling well), read instructions carefully, swab from your throat and then your nostril, with one same swab.

<u>If you are vaccinated</u>	<u>If you are unvaccinated</u>
you may either perform a home test or a certified one. <ul style="list-style-type: none"> <li>• If tested positive in the home test – you must also perform a certified antigen test, then quarantine for 5 / 7 days (if positive).</li> <li>• If tested negative and still have symptoms – try again after a day or two.</li> <li>• No need to quarantine if your test result is negative.</li> </ul>	you must perform a <u>certified</u> test only and go into quarantine. <ul style="list-style-type: none"> <li>• If result is positive – quarantine for 5 / 7 days according to doctor's approval.</li> <li>• If result is negative – quarantine for 5 days and you may leave quarantine only after an additional negative certified test</li> </ul>

#### Certified Antigen Rapid test locations in Herzliya

In most places free of charge if you are vaccinated, have symptoms or been in contact with a confirmed patient. You will need to register online before you test, can usually be done also at the station.

Rapid tests are taken in accredited testing centers across the country.

[See the MOH map of accredited stations](#) and opening hours (Hebrew only, ask a Hebrew speaking friend or staff member for help if needed).

\*[Ichilov Well](#) – various locations and opening hours change daily. English information [here](#).

***\*locations and hours may change daily***

#### Please note

- **Rapid home-testing kits (sold in pharma chains and in pharmacies) do not have any official standing.** They cannot be used to be considered "recovered" if and after you are found positive.
- Public **PCR tests** are not available anymore for people under the **age of 30** but are available privately for a fee. There are various companies providing PCR tests at their locations or at your home, for a fee (Assuta hospital, Herzliya Medical Center, Ichilov well, Aid Genomics, Tene-Care, Super pharm, BE stores, and more).

#### **Have you tested positive?**

Vaccinated or not, **if you're positive you are required to quarantine for 5 or 7 full days (see above)**

September 11, 2022

**The quarantine period may be reduced to 5 days only if:**

1. You haven't had symptoms in the last 48 hours and
2. You tested negative in a rapid antigen test on the 4<sup>th</sup> day and
3. You tested negative in a rapid antigen test on the 5<sup>th</sup> day

In case you tested positive on day 4 or 5, or still have symptoms, you should notify your doctor in order to get released from quarantine.

**Medical services if you are not feeling well / confirmed cases**

If you have health insurance through Reichman University:

1. Call one of the Clalit clinics during their opening hours to schedule a phone-appointment with a doctor, or
2. Call 1800-260660 "Bikur Rofe" to consult with a doctor or order a doctor home visit
3. In **urgent cases** or trouble reaching one of the above - Whatsapp the Harel Yedidim coordinator for assistance 052-2360037 (Meital Assor) or 054-5297775 (Einat Cohen)

If you have any other Israeli health service provider – contact them to receive medical services

If you do not have an Israeli health service provider, we can suggest a few options:

1. Contact your international health insurance, or the Embassy of your home country in Israel, to ask perhaps they have a list of recommended doctors they work with, who accept international patients privately or accept your insurance.
2. Try "Bikur Rofe" health services, they may provide medical services also for uninsured, not sure if online or by phone as well. 1800-260660
3. There is Herzliya Medical Center (private hospital) which works with many international insurances worldwide, they may provide a solution for you.

We wish you lots of health,

The RRIS Student Affairs and Well-Being staff