# Medical Issues

Orientation Session 2021
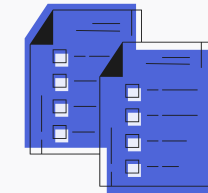
Medical Issues

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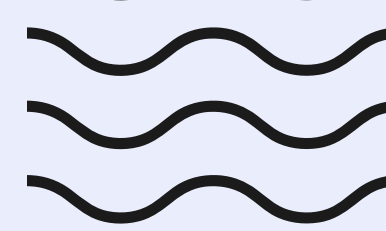
Vaccination against COVID-19

Emergency contacts

# Medical Insurance (VHI policy)

**All foreign citizens in Russia should have medical insurance to cover their entire stay in Russia**

## When is it necessary to issue

Before arriving in Russia

## Which program should I choose?

Program should include physical examination, test for HIV, hepatitis B and a test for COVID-19 by PCR

## Where to issue?

Please find insurance companies list recommended by HSE University:

**Please inform the manager of your degree program and send a scan of the medical insurance policy before the academic year starts**

# Medical Certificates

**BEFORE ARRIVAL:**

**AFTER ARRIVAL:**

**1** **NEGATIVE TEST RESULT FOR COVID-19 (BY PCR)**

Present at the checkpoint when crossing the border.
The first COVID-19 test must be done no earlier than 3 calendar days before arriving in Russia.

**2** **CERTIFICATE WITH A LIST OF VACCINATIONS**

Must be issued by a medical institution in a free format with information about the inoculation had, as well as dates and types of vaccination.

**3** **VACCINATION AGAINST COVID-19 CERTIFICATE (IF AVAILABLE)**

Or medical exemption.
Should be translated into Russian or English.

**4** **NEGATIVE TEST RESULT FOR COVID-19 (BY PCR)**

Present when checking into a dormitory/alternative housing option.
The second COVID-19 test must be done within 3 calendar days after arriving in Russia.

**5** **MEDICAL EXAMINATION**

Within 10 days after arrival you should have a medical examination and testing for HIV, Hepatitis B.
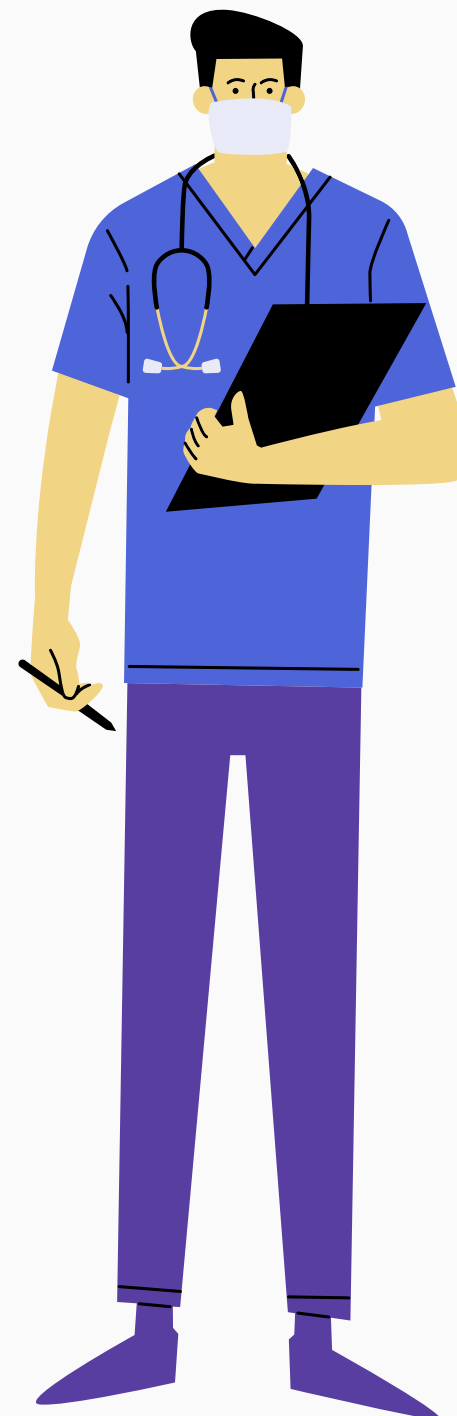
Orientation Session 2021

# PCR-test

### FIRST TEST

no earlier than three
calendar days prior to
your arrival

### SECOND TEST

within 72 hours after
entry into
the country

**PCR express-test centers:**
Sheremetyevo (SVO),
Domodedovo (DME),
Vnukovo (VKO), airports.

**What to do if the result is positive?**

- Inform your programme manager,
- Isolation for 2 weeks at the place of
  residence, until negative results are obtained.

if the health condition worsens, please call 112.

# Vaccination against COVID-19

**About vaccination**



In Russian or in English
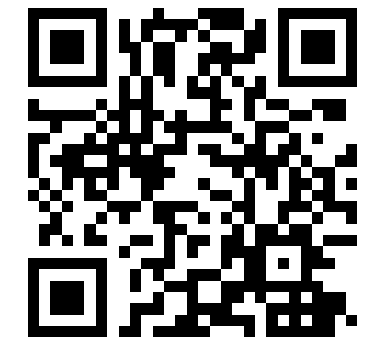
YOU WERE VACCINATED AGAINST COVID-19 IN YOUR COUNTRY

YOU HAD A COVID IN THE LAST SIX MONTHS

**Register for vaccination**

HAVE AN OFFICIAL MEDICAL EXEMPTION FROM VACCINATION



YOU ARE UNDER THE AGE OF 18

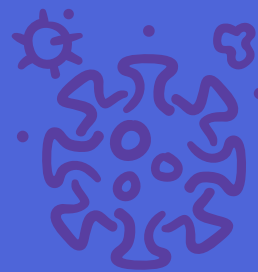# Measures to Prevent COVID-19 at HSE University

### Medical Masks

Masks are still obligatory on campus. At all university venues, all staff and students must wear masks or respirators that fully cover the mouth and nose.

### Offline Studies

No more than 50 students in one classroom

### Free COVID-19 testing on campus

Free voluntary testing for COVID-19 is available at HSE University. Since medical professionals are invited to HSE University, preliminary appointments are required.

# Free counseling for students in times of stress

Centre for Psychological Counselling

8-800-250-04-33

Medical issues

**IF YOU ARE IN THE DORMITORY**

Inform your dormitory administrator

# IN CASE OF EMERGENCY OR IF YOU FEEL UNWELL

**IF YOU ARE OUTSIDE HSE BUILDINGS**

Call the General Emergency Line

**The General Emergency Line: 112**

FREE of charge:
- First aid
- Urgent hospitalization