



POLITECNICO DI MILANO
GRADUATE SCHOOL OF BUSINESS

COVID-19 UPDATES and FAQ

August 2nd

www.som.polimi.it/covidfaq



INDEX

Travelling and Bureaucratic Procedures – KEY FACTS	3
1. How do I keep updated on the rules that apply to people travelling to Italy or other countries?.....	3
2. What is the Covid Certificate?.....	3
3. Are there currently any bans for travel to Italy?.....	4
4. Can I enter Italy from an European or Schengen country?.....	5
5. Can I enter Italy from a NON-EU country?	6
6. Are there any exemptions to the travelling rules?.....	6
7. Can I enter Italy from a Non-EU country not included in the above lists?.....	6
8. Can I leave Italy?.....	6
9. How long can I legally stay in Europe?	7
10. Is MIP in contact with Embassies of different nations?	7
11. Will MIP help with extending my visa if I want to return to Italy?.....	7
12. I have not collected my permit of stay card yet. What does that entail?	7
13. My permit of stay application is on hold. What do I do?	7
14. Are residency procedures ongoing?.....	7
15. I enrolled into the National Healthcare System (NHS), but I have not received my <i>tessera sanitaria</i> (health card). Can I access the system without it?	7
16. I would like to enrol into the NHS. Is it possible right now?	7
17. Are there any free recommended language schools for Italian classes?.....	8
Containment Measures and Health	8
1. What are the measures of containment currently implemented in Italy?	8
2. What is the self-certification and how do I obtain it?.....	9
3. What is the “Covid Green Certificate”?.....	9
4. What is the “Immuni” App?	10
5. Can I leave my domicile during the day?.....	10
6. Which services are open?.....	10
7. I do not have a face mask at home. Where do I find one?	12
8. Can I exercise outdoors?	12
9. Can I visit or meet up with people I don’t live with?	12
10. I belong to a category at risk. What measures should I take?	12
11. Does MIP have a contact person for covid-related issues?	12
12. I suspect I have contracted the virus (because I am showing symptoms / I have been in contact with a positive case). How should I act?	12
13. When should I call 112 for an ambulance?	13
14. Can I get vaccinated against Covid-19 in Lombardy?.....	13
15. I want to get tested for Covid-19 privately. Where do I go?.....	13

16. I have been diagnosed with Covid-19. What should I do?	13
17. How long is the period of self-isolation or quarantine?.....	13
Useful Contacts	14
Health Glossary	15
Useful Links	15

Travelling and Bureaucratic Procedures – KEY FACTS

- Italian regulations do not allow travel from **Brazil, India, Bangladesh and Sri Lanka**, with very few exceptions. Travel from every other country is allowed, with different levels of restrictions. However, some countries' own regulations may not allow international travel to/from Italy (read full information below)
- Current regulations should be valid at least until **August 30, 2021**
- Regulations on travelling are subject to change. Keep informed by referring to the relative authority
- The national state of emergency has been extended to December 31, 2021
- **Please inform us when you leave or re-enter Italy**

1. How do I keep updated on the rules that apply to people travelling to Italy or other countries?

You can find updated regulations for people travelling to Italy on the [website](#) of the Ministry of Health. You can also consult the [Information form](#) on the ViaggiareSicuri website.

You can look for more information from Embassies and Consulates about connections to Italy, local regulations and activities of repatriation on [this webpage](#).

You can also keep updated on the EU's travelling regulations through the European Commission's new dedicated website at <https://reopen.europa.eu/> or their webpage on the new [EU Digital Covid Certificate](#).

Please note that the rules for each country mentioned in this document are **valid if you have stayed in the same country in the last 14 days before travel**. If you stayed or transited through other countries, these may vary (e.g. if you enter from France, but you have been to India in the 14 days prior to arrival in Italy, you will have to follow the stricter restrictions valid for India).

2. What is the Covid Certificate?

The **Covid Certificate**, also called "Green Pass" or "Green Certificate", is a certificate that proves you have vaccinated against covid-19 (with an EMA-approved vaccine), recovered from it or you have been tested negative in the last 48 hours. It has been created to facilitate free movement across the EU: countries that accept the Green Pass should not limit the movement of its holders further. However, special restrictions can still be implemented by each country based on the epidemiologic situation and the appearance of new virus variants.

The Certificate is issued by the health authorities of each country, and its key elements are the following:

- It can be a paper or digital certificate
- It comes with a QR code
- It is issued in the language of the issuing country as well as English
- It is free of charge
- It has the same format for every country

The Italian Green Certificate can already be issued and used within Italy, and it should come fully into effect as a “EU Digital Certificate” from July 1st. The system shall then remain active for 12 months. The first 6 weeks will be considered a transitory period: if a country cannot yet issue the covid certificate, travellers will still be able to use other types of proof (e.g. the report of a negative result of a covid-19 test).

Please note: The Italian health authorities can issue a Green Pass even after only 1 vaccine shot, as this is valid to access services within Italy. However **for international travel, make sure to have an Italian Green Pass that is compliant with the EU regulations**. When it comes to vaccination, some Schengen countries may not accept the Italian Green Pass obtainable after one vaccine shot, but only one that attests you have completed your vaccination cycle since at least 14 days.

For more information on the EU Digital Covid Certificate, please visit the European Commission [webpage](#).

For information on how to obtain the Covid Certificate in Italy and its use within Italy, you can read the dedicated [website](#) or see the relative section in this guide under “*Containment measures and Health*”.

3. Are there currently any bans for travel to Italy?

Yes there are for Brazil, India, Bangladesh and Sri Lanka.

BRAZIL

Entry in Italy is **forbidden** to travellers who, in the previous 14 days, stayed in or transited through Brazil, unless they:

- ✓ **travel for reasons of absolute necessity approved by the Ministry of Health**
- ✓ **have registered as residents in Italy before February 13**
- ✓ **travel to reunite with their minor children, spouse or partner.**

For people who fall under these categories, the entry requirements are:

- ✓ fill in the [EU Digital Passenger Locator Form \(dPLF\)](#)
- ✓ present the negative result of a molecular or antigen test carried out by means of a swab **in the 72 hours** before arrival
- ✓ take a **second** molecular or antigenic test at the airport or border of entry, when possible, or within 48 hours after entry in Italy by referring to the local health bureau (in case of direct flight from Brazil, the test is taken at the airport upon arrival)
- ✓ contact the local health bureau upon arrival. If you are domiciled in Milan, fill out the survey at [ATS MILANO Città Metropolitana - Emergenza Coronavirus](#). If you didn't take the second test at the border, you should be contacted by the health bureau based on your registration at the survey. If you already took the second test, then send an e-mail to rientro@ats-milano.it with the following attachments:

- your negative test result once you receive it
- the self-certification for arrivals from abroad
- in the e-mail text, write your surname, name, domicile address in Milan, fiscal code (if you have it) and the date and place where you were tested
- ✓ self-isolate under health surveillance for 10 days
- ✓ take a **third** molecular or antigenic test at the end of the 10-days period.

INDIA, BANGLADESH, SRI LANKA

Entry in Italy is **forbidden** to travellers who, in the previous 14 days, stayed in or transited through India, Bangladesh and Sri Lanka, unless they:

- ✓ **are Italian citizens who have registered as residents in Italy before April 25**
- ✓ **are AIRE citizens**
- ✓ **have been authorized by the Ministry of Health to enter Italy for reasons of absolute urgency**

For people who fall under these categories, the entry requirements are:

- ✓ fill in the [EU Digital Passenger Locator Form \(dPLF\)](#)
- ✓ present the negative result of a molecular or antigen test carried out by means of a swab **in the 72 hours** before arrival
- ✓ take a **second** molecular or antigen test at the airport or border of entry, when possible, or within 48 hours after entry in Italy by referring to the local health bureau (in case of direct flight from Brazil, the test is taken at the airport upon arrival)
- ✓ contact the local health bureau upon arrival. If you are domiciled in Milan, fill out the survey at [ATS MILANO Città Metropolitana - Emergenza Coronavirus](#). If you didn't take the second test at the border, you should be contacted by the health bureau based on your registration at the survey. If you already took the second test, then send an e-mail to rientro@ats-milano.it with the following attachments:
 - your negative test result once you receive it
 - the self-certification for arrivals from abroad
 - in the e-mail text, write your surname, name, domicile address in Milan, fiscal code (if you have it) and the date and place where you were tested
- ✓ self-isolate under health surveillance for 10 days at a "Covid hotel" (special hotels identified by the local health bureau for the specific purpose of self-isolation)
- ✓ take a **third** molecular or antigen test at the end of the 10-days period.

4. Can I enter Italy from an European or Schengen country?

Yes, with certain restrictions.

Italy allows entry to people who, in the past 14 days, stayed in/transited through the so-called "**GROUP C**" countries, which are: Austria, Belgium, Bulgaria, Czech Republic, Cyprus, Croatia, Denmark (Greenland and Faer Oer islands included), Estonia, Finland, France (Martinique, Guadeloupe, Reunion, Mayotte and French Guyana included), Germany, Greece, Hungary, Ireland, Latvia, Lithuania, Luxembourg, Malta, Netherlands (overseas territories outside the European continent excluded), Poland, Portugal (Azores and Madeira included), Romania, Slovakia, Slovenia, Spain (territories situated in the African continent included), Sweden, Iceland, Liechtenstein, Norway (including Svalbard and Jan Mayen Islands), Switzerland, Andorra, Principality of Monaco.

To enter from these countries, the EU Digital Covid Certificate (or “Green Pass”) is required.

Read full information on our [dedicated guide for LIST C COUNTRIES](#).

5. Can I enter Italy from a NON-EU country?

It depends on which country you are travelling from.

Travel from **Israel** is also allowed for any reason, but a Digital Covid Certificate compliant with Italian (and EU) regulations is required.

Read full information on our [dedicated guide for LIST C COUNTRIES](#) (which include Israel).

Italy also allows entry to travellers for any reason from the so-called “List D” countries: **Albania, Saudi Arabia, Armenia, Australia, Azerbaijan, Bosnia and Herzegovina, Brunei, Canada*, United Arab Emirates, Japan*, Jordan, Lebanon, Kosovo, Moldova, Montenegro, New Zealand, Qatar, United Kingdom of Great Britain and Northern Ireland** (Gibraltar, Isle of Mann, Channel Islands, British bases on Cyprus included), **Republic of Korea, North Macedonia, Serbia, Singapore, United States of America*, Ukraine, Taiwan, Hong Kong and Macao**. In this case, you will need to present the negative result of a test carried out in the 72 hours before travel, self-isolate for 5 days and then take a second test.

*Italy also accepts the Covid Certificate compliant with Italian (and EU) regulations and issued by the authorities of **Canada, Japan** and the **United States**. If travellers hold this certificate, they can forgo the self-isolation and the test after self-isolating.

Read full information on our [dedicated guide for LIST D COUNTRIES](#).

6. Can I enter Italy from a Non-EU country not included in the above lists?

For all other Non-EU countries (i.e. except for Brazil, India, Bangladesh, Sri Lanka and the ones listed at Q5), the so-called “LIST E” countries, the reasons for travelling to Italy are limited to study reasons, work reasons, health needs, absolute necessity, returning to your residence or reaching a stable partner who resides in Italy. This means that if you have a valid study permit or a valid Italian visa, you should be able to enter Italy.

We still recommend you always check with the relative authority (Embassy or Consulate) before travelling, to know if you can enter from the country where you are now.

If you do enter Italy, you will need to present a negative test result carried out in the 72 hours before travel, self-isolate for 10 days and then take a second test. **Read full information on our [dedicated guide for LIST E COUNTRIES](#).**

7. Are there any exemptions to the travelling rules?

Yes there are a few, especially relevant for short stays of less than 120 hours. You can read more on the Ministry of Health’s [website](#).

8. Can I leave Italy?

Italian regulations allow you to travel for any reason in the EU/Schengen or to the UK, Israel, Albania, Saudi Arabia, Armenia, Australia, Azerbaijan, Bosnia and Herzegovina, Brunei, Canada*, United Arab Emirates, Japan*, Jordan, Lebanon, Kosovo, Moldova, Montenegro, New Zealand, Qatar, Republic of Korea, North Macedonia, Serbia, Singapore, United States of America*, Ukraine, Taiwan, Hong Kong and Macao.

You can travel to other Non-EU countries only for work, study, health or return to your home country.

However, many countries, both EU/Schengen and NON-EU, still have many regulations in place in regards to entry or transit, independent from Italian ones. Therefore, you will have to contact the concerned airlines as well as the relative authority in the country of destination, to know what is required for your entry or transit.

Please also note that, as a general rule, holders of a permit of stay of 1 year should not stay out of Italy for a period longer than 6 **consecutive** months.

9. How long can I legally stay in Europe?

As a rule, with a permit of stay for study you can stay in any other Schengen country as tourist for 90 days in 6 months. If you are currently in a European country and may stay for longer than such period, you should get in contact with the local authority to inquire about the requirements for your legal stay.

10. Is MIP in contact with Embassies of different nations?

No it is not. If you need assistance, you will have to inquire with the Embassy directly. As a rule, Embassies are providing special support to their citizens during these times.

11. Will MIP help with extending my visa if I want to return to Italy?

Italian Visa for study or renewal of the study permit will be supported according to the schedule of each program.

12. I have not collected my permit of stay card yet. What does that entail?

If your permit card is ready, it will stay at the Immigration Office for several weeks, or in fact, until you collect it or until it expires.

Write to the ISO when you re-enter Italy. We will guide you for its collection at the Immigration Office.

13. My permit of stay application is on hold. What do I do?

You can log in the [Immigration Portal](#) using your *assicurata's* user ID and password, to keep track of your new appointment date.

Write to the ISO when you re-enter Italy. We will guide you for a new group appointment at the Immigration Office or with different guidelines for your specific case.

14. Are residency procedures ongoing?

Yes, residency applications can be placed online. The municipality officers have been checking the truthfulness of the declarations by phone call or by visiting in person.

15. I enrolled into the National Healthcare System (NHS), but I have not received my tessera sanitaria (health card). Can I access the system without it?

Yes you can access the system without it: upon enrolment at the ATS office, you should have received a paper with the details of your enrolment. That paper is a valid temporary document to access the system's services.

16. I would like to enrol into the NHS. Is it possible right now?

It is possible, and enrolling requires visiting a post office to pay the yearly fee.

Due to the emergency, ATS offices allow visits only on appointment.

If you are a Non-EU student, to proceed you will need passport, permit of stay card or application documents, fiscal code, MIP admittance letter (obtainable from your coordinator) and the paid postal payslip.

If you are an EU student with a EHIC card, you can already access necessary healthcare with it (free general practitioner visits, emergencies and hospitalization). If you have more questions, you can write to the ISO.

Find the full guidelines at www.som.polimi.it/documents under *HEALTHCARE > National Healthcare System*.

17. Are there any free recommended language schools for Italian classes?

The **Politecnico MOOCs Portal** at <https://www.pok.polimi.it/> offers an Italian language and culture course at beginner level in two modules: [Part 1](#) and [Part 2](#). The course entails videos, grammar, exercises, a forum and much more. The estimated student's effort is 8 to 10 hours per week, 8 to 10 weeks in total.

For more options, Comune di Milano has a portal where you can find all Italian classes schools in the metropolitan area. These include private schools, ngos and municipality classes: <https://milano.italianostranieri.org/>.

Containment Measures and Health

1. What are the measures of containment currently implemented in Italy?

Each Italian regions follows different measures according to whether they are assigned "white", "yellow", "orange" or "red" labels.

Currently, the Lombardy region has been labeled as a "white zone". Please find below a list of the relevant regulations:

- **Masks** are mandatory indoors, and outdoors in the presence of crowds, people at risk, at health facilities and whenever the mandatory social distance of 1 meter cannot be guaranteed at all times
- **Staying home** home is mandatory if you have a respiratory infection or a 37,5°C fever. In this case, you must contact your general practitioner or the continuing care service (Guardia Medica - ph. 116 117)
- **Movement** is allowed between white and yellow regions with no restrictions, however for yellow regions it is necessary to keep in mind the relative regulations (curfew, etc.) – Movement from/to other areas are allowed if travellers hold the "Green pass"
- **Visits to private domiciles** are allowed without restrictions on time and number of people per movement
- **Restaurants and bars** are open with no restrictions
- **Museums** are open from Monday to Friday - on weekends visits should be on appointment
- **Theaters, cinemas and concert halls** are open, as long as they respect their capacity limit (50%)
- **Swimming pools and gyms** are open

- **Team** and **contact sports** are allowed outdoors at sports centers (however changing rooms are not accessible)
- **Malls** and **markets** are open in the weekend as well
- **Fairs, conferences** and **conventions, amusement parks, SPAs** and **cultural centres** are all resumed

However please note that, according to the law decree dated July 22, **the state of national emergency has been extended to December 31, 2021**. In addition, **from August 6 the “Covid-19 Green Certificate” will become necessary to access certain services**, among which:

- Food services for indoor service
- Shows open to the public (in cinemas, theaters, concert halls, pubs or any other space also outdoors)
- Sports competitions and events
- Museums, exhibitions and other cultural institutions
- Swimming pools, gyms, contact sports and SPAs indoors
- Festivals and fairs, conferences and conventions
- Thermal baths and amusement parks
- Cultural, social and recreational centers indoors
- Arcades, bingo halls

2. What is the self-certification and how do I obtain it?

The self-certification is the document that attests your need to move to a certain location. **It is currently not required anywhere in Lombardy.**

However it is required to move to a yellow region during curfew hours (valid for the yellow region), or to move from/to orange and red regions if you do not hold a “green pass”. By signing the self-certification you declare that you are aware of the current restrictions on mobility and the fines you will incur in case of non-compliance. You also state that you are not under mandatory quarantine.

You can [find the form and template here](#). You can either print it out at home or fill it out upon being stopped for a check (usually the police offer a copy).

Please note:

- If you move for work, it would be best to also obtain a declaration from your employer
- If you move for health reasons, you may also be asked to show a doctor’s certificate
- Moving to a new apartment can be considered a “necessity”

3. What is the “Covid Green Certificate”?

The “**Covid Green Certificate**” (or “**green pass**”) is a certificate that grants you permission to move from/to orange and red regions freely and for any reason, to participate in public events or access certain services. The certificate can be issued to attest any of the following situations:

- You have completed the vaccination cycle against covid-19 in the last 9 months

- You have received the first vaccine shot or the single-dose shot since at least 15 days (this is valid until the the completion of the vaccination cycle)
- You have recovered from covid-19 in the last 6 months and you are no longer under prescription of self-isolation
- You have been tested negative with a molecular or antigenic swab test in the last 48 hours

Green passes issued by an EU member country will also be valid in Italy.

The green pass is issued by the Ministry of Health, through a number of channels:

- Through the [Green Certificate official website](#) accessing via *tessera sanitaria*, *carta d'identità elettronica* or SPID
- Through the *IMMUNI* App (you need the *tessera sanitaria*)
- Through the [Fascicolo Sanitario Elettronico](#) (you need SPID or *tessera sanitaria*)
- With the help of your general practitioner or at pharmacies (you need to be enrolled in the NHS – the *tessera sanitaria* may be required)

From July 1st, the Italian Green Certificate has also become valid internationally, making it easier to travel within the EU. However for international travel, make sure to have a Green Pass that is compliant with the EU regulations. **When it comes to vaccination, some Schengen countries may not accept the Italian Green Pass obtainable after one vaccine shot, but only one that attests you have completed your vaccination cycle since at least 14 days.**

Read more at the [dedicated webpage of the Italian government](#).

4. What is the “Immuni” App?

Immuni is the exposure notification App of the Italian government, developed by the Extraordinary Commissioner for the COVID-19 Emergency, in collaboration with the Ministry of Health and the Ministry for Innovation Technology and Digitalization.

Its purpose is to notify users at risk of carrying the virus as early as possible, in order to minimize its spread and facilitate an early diagnosis. To learn more about how it works, visit *Immuni's* official website at <https://www.immuni.italia.it/>.

While downloading the App is not mandatory, it is strongly recommended by the Italian government, as every single user increases its overall effectiveness.

5. Can I leave my domicile during the day?

Yes you can move freely within Lombardy, however from August 6th some services will be accessible only with a Green Pass.

6. Which services are open?

TRANSPORT

Public transport service operates at 50% capacity. Access to stations and trains is regulated in order to ensure that a safe distance is always maintained. Anyone using public transport is required to wear masks. This includes taxis and rental cars.

BANKS AND PRIVATE SERVICES

They generally operate with reduced office accessibility, from 9.30am and usually on appointment. Check for new updates on the site of the concerned office before visiting.

PUBLIC ADMINISTRATION

They generally operate with reduced office accessibility, from 9.30am and usually on appointment. Many post offices require to book a ticket online before visiting. You can find a guide on how to go about it [here](#).

PUBLIC SPACES

Parks can be accessed to do physical and sport activities. Playgrounds and sports areas are accessible.

STORES

Retail stores, malls and markets are open, as well as stores that sell essential goods: this includes food stores, pharmacies, tobacco shops, newsstands and laundry services. They operate with the 1 meter distance rule, and some of them may request to measure your temperature at the entrance. Access to stores is often allowed only by one family member per time (i.e. you should not go with friends).

FOOD SERVICE

Bars, restaurants, ice-cream parlors and bakeries are open with no restrictions on take-away service or home delivery. Table service allows a maximum of 6 persons per table, unless they are cohabitants.

A Green Pass will be required for indoor service.

HAIR SALOONS AND BEAUTICIANS

Barbers, hairdressers and beauty centers are open.

Thermal baths and SPAs will require a Green Pass.

CULTURE

Libraries are open, but also offer their services via booking. The campus library [LA MASA](#) is currently open. Use the App "Affluences" to book your visit.

Museums are always open, however on weekends visits are only on appointment. Theaters, cinemas and concert halls are open, as long as they respect their capacity limit (50%).

Amusements parks, fairs, cultural centres, conventions and conferences have resumed.

Discos, ballrooms, outdoors or indoors are still closed.

Most of the above services will require a Green Pass for access.

SPORTS

Physical activity at parks is also allowed.

Sports centers are open for basic physical activity, contact and team sports, as long as they are performed outdoors, however changing rooms should not be accessible. Swimming pools and gyms are open. These will all require a Green Pass for indoor activity.

Sports events and competitions have resumed. Events with a public audience must respect the capacity limits (25%).

7. I do not have a face mask at home. Where do I find one?

Face masks are sold at pharmacies and parapharmacies, at a fixed price of 0,50 €. In any case, if you do not have one, a scarf covering your mouth and nose is also allowed.

8. Can I exercise outdoors?

Yes, physical activity outdoors or at parks is allowed. You should keep a distance of 2 meters from others.

9. Can I visit or meet up with people I don't live with?

You can visit another private domicile without restrictions on time or people per movement. Private parties are also allowed, however it is recommended to not gather in big groups and in any case, it would be best to meet outdoors.

Celebrations following official ceremonies are also allowed as long as participants hold a "Green pass".

10. I belong to a category at risk. What measures should I take?

It is recommended that you leave your house only if necessary. If you live on your own, you can try online shopping, or you can rely on Croce Rossa voluntary workers, who will offer support for purchasing medicines and food on your behalf. The service is free and accessible by calling the phone number 800 06 55 10 (active 24/7). The workers are recognizable by their red uniform.

The Comune di Milano also offers a similar service for free. Call their Infoline 020202 to know more.

11. Does MIP have a contact person for covid-related issues?

Yes. MIP has appointed:

- Simona Strepparola as "Contact person for Covid-19"
E-mail: strepparola@mip.polimi.it
Ph. +39 331 889 2068
- Gloria Falsaperla as "Deputy contact for Covid-19"
E-mail: gfalsaperla@mip.polimi.it

The Covid representatives' role is to interact with the Department of Prevention (DdP) of the local health authority for the management of any suspected and confirmed cases of Covid-19.

12. I suspect I have contracted the virus (because I am showing symptoms / I have been in contact with a positive case). How should I act?

If you suspect you have contracted the virus, do not go to the hospital.

Contact your general practitioner by phone instead, or the national continuing care service (ph. 116 117).

Follow the instructions you receive from them. In the meantime, you should stay at home and try to keep a distance from your flatmates, if any.

For covid-19 emergencies, contact the Lombardy region's healthcare department (ph. 800 89 45 45). Call the emergency number 112 if you need immediate assistance, that is, you need an ambulance straight away.

Please write to strepparola@mip.polimi.it to inform us and to receive support.

13. When should I call 112 for an ambulance?

You should call an ambulance if your conditions are bad and you need immediate care.

14. Can I get vaccinated against Covid-19 in Lombardy?

Anyone who holds fiscal code can get vaccinated in Lombardy, regardless of age or nationality. Visit the vaccination booking platform at [Come prenotare online | Vaccinazione Anti COVID-19](#) for more information. For any trouble with the booking, you need to call the regional number 800 894545 (from an Italian phone number only).

15. I want to get tested for Covid-19 privately. Where do I go?

At our website section "[CURRENT SITUATION IN ITALY](#)", under "*COVID-19 Testing*" you can find a list of private clinics where you can book your molecular or antigen test.

16. I have been diagnosed with Covid-19. What should I do?

You have to follow the guidelines of the health authority who has assessed you. If you have minor or no symptoms, as a rule, you can expect to be required to do the following:

- Self-isolate at home
- Wear the face mask provided at the start of the monitoring
- Keep a distance from your flatmates. Close the door to your bedroom and ventilate it regularly
- Remain available to go through the necessary health checks

Please write to strepparola@mip.polimi.it to inform us and to receive support.

17. How long is the period of self-isolation or quarantine?

As a rule it is 14 days, but it can vary according to the situation. Below you find general information, but please note that you should follow the instructions your GP or the health authority gives you.

A note: "self-isolation" refers to the period of isolation for confirmed positive cases; "quarantine" refers to the period of isolation for healthy people, necessary to monitor suspected cases.

WHAT IF I'M POSITIVE ASYMPTOMATIC CASE?

People who tested positive but are asymptomatic can end their self-isolation after 10 days from the notification of positivity, only if they receive a negative result on a molecular test taken after the 10 days period (**10 days + test**).

WHAT IF I'M A POSITIVE SYMPTOMATIC CASE?

People who tested positive and are symptomatic can end their self-isolation after 10 days from the manifestation of symptoms (without considering loss or alteration of sense of taste and smell, which can last longer), only if they receive a negative result on a molecular test taken after at least 3 days without symptoms (**10 days, of which at least 3 without symptoms + test**).

WHAT IF I'M A LONG-LASTING POSITIVE CASE?

People who, despite being asymptomatic, keep being tested positive, can end their self-isolation **after 21 days** from the manifestation of symptoms if they do not show symptoms for at least one week (without considering loss or alteration of sense of taste and smell, which can last longer). This criteria can change depending on the health

department's evaluation, which will also take into account the immune system of the interested party (immunodepressed patients can remain contagious for longer).

WHAT IF I'VE BEEN IN CONTACT WITH A POSITIVE CASE BUT I'M ASYMPTOMATIC?

People who have been in close contact with positive cases and have been identified by the health authorities, must:

- Quarantine for 14 days, from the last day of contact with the positive case, OR
- Quarantine for 10 days, from the last day of contact, only if they receive a negative result on an antigenic or molecular test taken on the 10th day.

WHAT IF I'VE BEEN IN CONTACT WITH A "VARIANT COVID-19" POSITIVE CASE?

People who have been in close contact with positive cases of covid-19 variant and have been identified by the health authorities, must quarantine. They are usually contacted as soon as possible by the local health authority for a first molecular test. Quarantine can end only starting from the 14th day, and with a negative test result.

Finally, find below other general recommendations that regulate the activity of health offices:

- Those who live with or regularly come in contact with fragile people should take the molecular test at the end of the quarantine;
- Kids should have different access to testing;
- Close contacts of close contacts (i.e. those who have not been in direct contact with a confirmed positive case) are not required to quarantine or test, unless the direct close contact is later confirmed to be positive, or unless the health office decides a group screening is necessary;
- The regular use the Immuni App should be promoted.

Sources:

www.salute.gov.it/portale/nuovocoronavirus/dettaglioNotizieNuovoCoronavirus.jsp?lingua=italiano&menu=notizie&p=dalministero&id=5117

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioFaqNuovoCoronavirus.jsp?lingua=italiano&id=244#7>

<https://www.regione.lombardia.it/wps/portal/istituzionale/HP/DettaglioRedazionale/servizi-e-informazioni/cittadini/salute-e-prevenzione/coronavirus/covid19-rientro-in-collettivita>

Useful Contacts

Health Ministry Number (for general information in Italian, English and Chinese): 1500

Regional Healthcare Number (for covid-19 emergencies): 800 89 45 45

National continuing care service (for covid-19 assistance): 116 117

Emergency Number: 112

Croce Rossa voluntary work: 800 065 510

Comune di Milano voluntary work: 020202

Health Glossary

In addition to the general healthcare glossary on the [ISO webpage](#), find here a useful glossary for the current emergency:

Fever	Febbre
Headache	Mal di testa
Dry cough	Tosse secca
Cold	Raffreddore
Flu	Influenza
Lungs	Polmoni
Short breath	Respiro corto
Fatigue	Affaticamento
I feel pain here	Ho un dolore qui
Face mask	Mascherina
Hand sanitizer	Gel disinfettante
Do you speak English?	Parla inglese?

Useful Links

[Lombardy Region website on Covid-19](#)

[Ministry of Health: Information for travelers](#)

[Ministry of Foreign Affairs FAQ on Italian travelling regulations](#)

[Ministry of Foreign Affairs: Information from Embassies and Consulates](#)

[Ministry of Health FAQ](#)

[ANSA: Updates on Covid-19 in Italy](#)

[Civil Protection Department Activities](#)

[European Commission website for the monitoring of international travel regulations](#)

[European Commission on Coronavirus](#)