



University of Gastronomic Sciences
Università degli Studi
di Scienze Gastronomiche

COVID-19: INFO, HEALTH AND HELP LINES	1
COVID-19 IN ITALY	1
COVID-19 PRECAUTIONARY MEASURES IN THE PIEDMONT REGION	2
HEALTH AND COVID-19	4
HELP LINES	6
SERVICES FOR STUDENTS	7
OPEN TO THE PUBLIC	7
LIBRARY AND ONLINE RESOURCES	7

COVID-19: INFO, HEALTH AND HELP LINES

COVID-19 IN ITALY

The COVID-19 pandemic in Italy is being monitored on a daily basis. Please check the official information at the following links.

General information about the COVID-19 pandemic in Italy

<http://www.salute.gov.it/portale/nuovocoronavirus/homeNuovoCoronavirus.jsp?lingua=english>

Updated FAQ

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioFaqNuovoCoronavirus.jsp?lingua=english&id=230>

Travelling to and from Italy

<https://www.esteri.it/mae/en/ministero/normativaonline/decreto-iorestoacasa-domande-frequenti/fo-cus-cittadini-italiani-in-rientro-dall-estero-e-cittadini-stranieri-in-italia.html>

COVID-19 PRECAUTIONARY MEASURES IN THE PIEDMONT REGION

I heard about new restrictions in Italy and especially in the Piedmont Region. What does that mean?

The Italian Government published a new Ministerial Decree including new restrictive measures in force from November 6, 2020 until December 3, 2020. The measures change from Region to Region according to several parameters. Since the Piedmont Region has been classified as "high risk", the precautionary measures are as follows:

TRAVEL

Travel from your home is allowed only for:

- work reasons;
- essential needs (i.e. buying food and medicines, going to public offices, banks, hairdressers, etc.);
- health issues.

Should you need to come to Pollenzo, please carefully read the next chapter.

Do I need any document or certification to prove the local authorities the reason for my movements?

Everytime you go out, for any of the permitted reasons (coming to UNISG included), you must carry with you this self-declaration issued by the Italian Government:

https://drive.google.com/file/d/1bt_K3j8XtME7NoLY3ANVUaBTJ3x7eKg0/view?usp=sharing

You are required to fill out, sign and carry with you the Italian version of the declaration. Please find at this link the self-declaration translated into English, so that you understand what you are declaring:

<https://drive.google.com/file/d/1vHVcIHJN5EexpEIRdW-wkRB9om3b0Ot7/view?usp=sharing>

Should you use it to come to UNISG, please:

- flag the option “Other reasons allowed by current regulations or by the aforementioned decrees, ordinances and other provisions that define the measures to prevent the spread of the infection”
- write this: “Attività didattiche esperienziali difficilmente surrogabili in remoto”

If stopped by the Police, it might be useful to:

- show a copy of your Enrollment Certificate (you can download it from your personal UNISG account: in the MENU, choose REGISTRAR and then PRINTABLE ENROLLMENT CERTIFICATES. Login from the Italian language home page of the academic portal in order to download a CERTIFICATO DI ISCRIZIONE and not an ENROLLMENT CERTIFICATE, as you will need the Italian form)
- if requested by the Police, give the Registrar Office phone number: 0172 458501

SHOPS, RESTAURANTS AND CAFES

- Most of retail activities are suspended, except for the sales of food and basic necessities (e.g. pharmacies, drugstores, tobacconist's and newsstands are open);
- Food markets are allowed;
- Restaurants, bars, ice-cream shops, pastry shops are closed. Food delivery and take away are allowed (take away until 10 pm).

[Bottega Local](#) is open for the purchase of groceries, food delivery and take away, following the procedures communicated by Local via email.

[Tutaca](#) is an application used by various commercial activities of the Municipality of Bra that do delivery.

OUTDOOR SPORTS AND EXERCISE ACTIVITIES

The following may be engaged in individually:

- physical activities (e.g. walking, yoga): only in the vicinity of your home, respecting a distance of at least one meter from any other person and while using proper respiratory protective equipment (i.e. a mask);
- sports activities (e.g. running, cycling) practiced individually and only outdoors, within the Bra city limits.

Do you need assistance with this?

Please contact the Registrar Office: segreteria@unisg.it

HEALTH AND COVID-19

I have COVID-19 like symptoms (https://www.who.int/health-topics/coronavirus#tab=tab_3), **what should I do?**

If you have COVID-19 like symptoms or you think you might be at risk of infection, stay at home, do not go to the emergency room or the clinic but instead call your doctor, pediatrician, or the '*Guardia Medica*' (out-of-hours primary care service).

UNISG has an agreement with the following primary care physicians at Sirio Medica Studio in Bra:

- Dr. Dallorto Mariella: 01721915184 mobile 336581026
- Dr.ssa Di Benedetto Marta: 01721915183 mobile 3207292083
- Dr. Milanese Mauro: 01721915186 mobile 3294227212
- Dr.ssa Olivero Sara: 01721916303 mobile 3667190769
- Dr. Piselli Attilio: 01721915300 mobile 3886916758
- Dr. Tibaldi Livio: 01721915185 mobile 3389131760

Alternatively, call the national and regional information hotline:

- [Regional telephone information hotlines](#)
- [Covid-19 information line 1500](#)

In the event of severe symptoms call the emergency number: **112**

I've been asked to self-isolate. What does that mean?

In case of self-isolation, students must follow the behavioral and social distancing rules available at this link: [Self-isolation recommendations](#). We remind you that any violation of self-isolation will result in an administrative penalty.

I cannot go out for food or medicine and I have no contacts in Bra. How can the University help me?

You can send an email to segreteria@unisg.it and UNISG will arrange a delivery service for you.

Can I do a swab?

Swabs are generally only performed on those who display symptoms attributable to COVID-19. In that case, the primary care physicians or the health authority may ask the person to carry out the swab and there are no costs. Should you want to do a test at a private testing center, you can contact the COVID-19 Committee for further information: comitato_covid@unisg.it

I feel stressed and I'm struggling to find the right way to cope with this situation. What shall I do?

While handling this situation might be a bit easier than last spring - we now know better what a lockdown means and how it impacts our daily lives - please find below some useful advice from WHO for both your physical and mental health while at home:

Physical Activity

- <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>
- <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/noncommunicable-diseases/stay-physically-active-during-self-quarantine>

Healthy Diet

- <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet>
- <http://www.emro.who.int/nutrition/nutrition-infocus/nutrition-advice-for-adults-during-the-covid-19-outbreak.html>

Mental Health

- <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>
- <https://www.who.int/westernpacific/emergencies/covid-19/information/covid-19-mental-health>

Do you need assistance with this?

Please contact the COVID-19 Committee: comitato_covid@unisg.it

HELP LINES

I feel confused about what's going on and/or I am worried about the lockdown in Bra. Can the University help me?

UNISG staff is available to speak with you one-on-one, especially those who are currently staying in Bra, to better understand your needs and provide you with dedicated support, when possible. Please email segreteria@unisg.it and specify any individual needs you may have or foresee.

Also, it's useful to have a clear understanding of "who to contact for" at UNISG:

- Academic issues: didattica@unisg.it
- Technical assistance for online classes: servizi_generali@unisg.it
- Fees and accounting: amministrazione@unisg.it
- COVID-19: comitato_covid@unisg.it
- Study trips: tutor@unisg.it

Are there any National and Regional Information Lines?

Yes.

National Information Line:

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5374&area=nuovoCoronavirus&menu=vuoto>

Regional toll-free numbers and travel info:

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5371&area=nuovoCoronavirus&menu=vuoto>

Do you need assistance with this?

Please contact the Registrar Office: segreteria@unisg.it

SERVICES FOR STUDENTS

OPEN TO THE PUBLIC

Are the offices and the campus of the University open to students?

All the premises and offices of the University, in compliance with the measures taken by the Italian Government, will continue to be operational and open to the public.

Access to the university campus is allowed only:

- to attend in-person didactic activities as per program calendar;
- to use the Library (please read below for further information);
- to meet UNISG professors and staff members for motivated and undelayable reasons.

LIBRARY AND ONLINE RESOURCES

Will the Library be open?

Yes, the Library will continue to be open to students for turning in, checking out, and consulting library resources. You will receive more information on these services in a follow up email from the Library.

I borrowed books from the library and now find myself unable to return them. What should I do?

For book returns, please contact the Library (biblioteca@unisg.it) indicating the list of books to be returned and when you wish to return them.

What online resources are accessible?

In addition to the materials that teachers can send to their students, it is also possible to access online resources, which are available by logging on to the ONLINE RESOURCES section on the website at UNISG <https://www.unisg.it/campus/biblioteca/>