



DECLARATION on non-existence of virus infectious disease existence and INTRODUCTION TO THE REGIME OF OPERATION OF THE QUARANTINE CENTER FOR TOP SPORTS

This document must be signed and brought in printed version upon arrival at the Quarantine Center for Top Sports and handed over to the Coordinator of the Quarantine Pavilion before taking the RT-PCR test.

I,

(fill in first name and surname)

declare,

1. that I have no obligation to remain in domestic isolation (quarantine)

HOME QUARANTINE ordered and recommended by the Regional Office of Public Health:

- if the person has a **confirmed COVID-19 disease** (by antigen or PCR test),
- **has been tested for COVID-19 and is awaiting the result**,
- has **mild symptoms of the disease** (cough, fever, sore throat, loss of smell or taste),
- in the case of a **disease where it is not known with certainty whether it is COVID-19**,
- was in **close contact with a positively tested person**,
- arrived from a country at risk from COVID-19.

During isolation, it is necessary to monitor your health condition - in case of mild symptoms, contact the attending physician, in case of serious problems, call the emergency medical service and warn them that you are a quarantined person or a person positive for COVID-19.

An antigen test is recommended when having signs of disease / in case of close contact with a positively tested person **at least 2 days after contact**, **RT PCR testing** is recommended when having signs of disease / returning from a country at risk / in case of close contact with a positively tested person after **at least 8 days after contact**.

If the result of RT PCR test is negative:

- **the domestic quarantine continues for at least 14 days**, the termination of which is decided by the relevant Regional Office of Public Health (RÚVZ),
- quarantine is counted from the last close contact with a positive person,
- the length of quarantine may still be affected by the positive results in this period of the tested persons living with a person in the same household. The quarantine is extended depending on the date of positive results of these persons.

If COVID-19 has been confirmed:

- **home isolation continues - lasts at least 14 days** from the detection of a positive test result,
- the positively tested person informs all those with whom he / she has been in close contact,
- these persons should be asked to register for testing,
- it is recommended to write a list of these persons with contact with positive person and wait until the positively tested person is contacted by the relevant RÚVZ.

2. that I do not show any symptoms of a viral infectious disease in recent days (eg fever, cough, difficulty breathing, muscle pain, headache, tiredness, malaise, sudden loss of taste and / or smell, etc.),

If I suspect that I have COVID-19, or have been in close contact with a positive person for the disease, I must be responsible, stay in home isolation, and monitor my health. I should contact my general practitioner by phone, e-mail or SMS.

This will help the healthcare provider to take steps to prevent the spread of the disease, or put others at risk of infection. The doctor reports the occurrence of the disease by telephone to the territorially competent regional hygienist of the Regional Office of Public Health (RÚVZ). Persons who are actively monitored or monitored individually should follow the instructions provided by the local healthcare facility or healthcare professionals.



3. I am not aware that I have come into direct contact in the last 10 days with a person who has been diagnosed with COVID-19 or is suspected of having COVID-19

Closed contact is defined as:

- Contact with a person at high risk of exposure,
- personal contact with the COVID-19 case **within two meters for more than 15 minutes**, or
- **physical contact** with the COVID-19 case, or
- unprotected direct contact with a COVID-19 case in **an enclosed environment** (e.g. home, classroom, meeting room, hospital waiting room, etc.) for **more than 15 minutes**, or
- sitting next to the COVID-19 case, at a distance of up to two seats in the aircraft (in any direction), or
- providing care and working in the part of the aircraft where the COVID-19 case was located. Close contact also applies to specific persons, namely: persons providing care and crew members operating in the part of the aircraft where the COVID-19 case was located,
- the activity of a healthcare professional or other person providing care for the COVID-19 case, or the activity of a laboratory worker handling samples of the COVID-19 case without recommended PPE or with a possible violation of the use of PPE.

Normal contact is defined as:

- contact with a person with a low risk of exposure,
- personal contact with a COVID-19 case **within two meters for less than 15 minutes**, or
- contact with a COVID-19 case **in a closed environment** (eg at home , classroom, meeting room, hospital waiting room, etc.) **for less than 15 minutes**, or
- travel of the person with the COVID-19 case by any means of transport (except aircraft),
- activity of a healthcare professional or other person providing care for the COVID-19 case, or the activity of a laboratory worker handling samples of the COVID-19 case with recommended PPE.

If contact with a positive person has been assessed as normal contact, it is still necessary to:

- monitor COVID-19-compatible symptoms daily, including fever of any degree, cough, fatigue or difficulty breathing, loss of smell or taste or taste disturbance,
- measures to avoid or restrict physical contact and avoid traveling,
- strict hand hygiene and respiratory etiquette measures,
- if symptoms occur, remain in home isolation and contact a physician by telephone.

4. that I have complied with all currently valid measures of the Public Health Office of the Slovak Republic in the event of a threat to public health stated on the website <https://www.health.gov.sk> and

5. that I have read the instructions for participants at <https://www.x-bionicsphere.com/karantenne-centrum/> under the Mode of Operation of the Quarantine Center for Top Sports and the instructions before coming to the Quarantine Center.

I am aware of the legal consequences if this statement is not true.

In date

.....

signature