



American International School of Zagreb

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Dear AISZ community,

There are more and more information about increasing spread of COVID 19 outbreak in Croatia and whole Europe. According to the data announced on March 20th at 16:00 Croatian Civil Protection Crisis Team press conference, in Croatia there were 128 COVID cases, 5 people were healed and discharged and over 14 000 people are in self-isolation.

Those numbers are showing that the outbreak is spreading fast but it is still controlled and contained. Croatia is preparing and increasing its health care capacities which means that they are expecting community spread of COVID infection like in other European countries.

Although those data are making us all anxious, please, do keep in mind that 80% of cases are mild form of disease with full recovery.

Older adults (> 65 years) and people with underlying medical conditions such as heart and/or lung disease, high blood pressure, diabetes, immunocompromising conditions (cancer, immune disorders) are at risk to develop more severe form of infection.

Usually the infection start after 2- 5 days incubation period with:

- fever
- dry cough
- fatigue and/or sore muscles
- shortness of breath or difficulties breathing

The mild cases of disease requires only supportive care (very much like a flu) such as adequate hydration, analgesic/antipyretic medication and rest.

Please note that the elevated body temperature is the sign of activated immune system – the body is fighting infection and it is not necessary to lower the temperature if you are taking it well.

In a case you become sick, please stay at home and contact your GP or COVID Call Center for advice.

Do not go to the medical office or hospital without an appointment.

COVID testing is provided if indicated by a physician.

Croatia is adjusting its COVID testing policy to the situation in progress and will be adapting it according to the level of community transmission, prioritizing vulnerable groups of people.

At the moment, all COVID cases are hospitalized as a measure of control and containment.

The Croatian Government and Health authorities are adapting their recommended health and other measures in an effort to continue to control the developing outbreak and community spread.

With increased number of cases the patients with the mild form of disease will stay at home and keep contact with a physician.

For general information and instructions on COVID call

113 or 0800 999
For any other Emergency call
112

The City of Zagreb has established separate Emergency Outpatient Clinics you can call for questions, advice and instructions if suspecting COVID infection.

Emergency outpatient clinics are opened 0-24.

Call First!

Do not go to the outpatient Clinic unannounced!

Outpatient Clinics:

Health Center Zagreb - Center:

Vječeslava Holjevca Avenue 22, Phone: 01 6598 464
Laginjina Street 16, Phone: 01 4604 199

Health Center Zagreb - East:

Grižanska Street 4, Phone: 01 2960 418
Hirčeva Street 1, Phone: 091 3876 591

Health Center Zagreb - West:

Barun Filipovića Street 11, Phone: 091 3876 591
Stara (Old) Trešnjevka Park 3, Phone: 091 3876 000