

# How to overcome coronavirus together

Pay attention to the information below.

1. Information on measures concerning the residence and entry of foreigners to the Czech Republic can be found here [https://www.migrace.com/adm/\\_upload/docs/info-covid-19\\_en\\_26-3\\_1585589137.pdf](https://www.migrace.com/adm/_upload/docs/info-covid-19_en_26-3_1585589137.pdf). Furthermore, in Czech and English on the website of Ministry of the Interior <https://www.mvcr.cz/clanek/nove-povinnosti-a-informace-pro-cizince-prevence-rozsireni-covid-19.aspx>.
2. Volunteers who want to help elderly people should register at [Helping Prague \(Pomáháme Praze\)](#).
3. If you need counselling, please contact the Association for Integration and Migration ([https://www.migrace.com/en/articles/1156\\_nabizime-online-psychosocialni-konzultace](https://www.migrace.com/en/articles/1156_nabizime-online-psychosocialni-konzultace)) or the website [www.delamcomuzu.cz](http://www.delamcomuzu.cz), which offers free counselling consultations in Czech and English for the duration of the pandemic crisis.

## 4. IMPORTANT CONTACTS

The following organisations provide free legal, social and counselling services and Czech lessons in Prague 3. Please contact the advisors in advance to arrange a remote or personal consultation. You can also find up-to-date information on Covid-19 measures on the organisations' websites:

**Association for Integration and Migration, Baranova 33, Prague 3,**

[www.migrace.com/en/](http://www.migrace.com/en/) , tel: 224 224 379

**Centre for Integration of Foreigners, Pernerova 10/32, Prague 8,**

[www.cicpraha.org/en/aktuality/](http://www.cicpraha.org/en/aktuality/), tel: 222 360 452

Advice in the field of education of foreigners' children, online Czech courses,

support for communication with the school: **Meta, Žerotínova 1124/35, Prague 3,**

[www.meta-ops.cz/en/](http://www.meta-ops.cz/en/), tel: 775 339 003

5. There is a free info line for the town hall at **800 163 163** and a crisis line at **777 465 159**. The operation is secured on workdays between 8am and 6pm for now. On occasion, the crisis line will be operational on weekends as well. On these telephone lines you can speak Czech and English. If you do not speak Czech or English, please contact [www.migrace.com](http://www.migrace.com) (tel: 224 224 379) or [www.cicpraha.org](http://www.cicpraha.org) (tel: 222 360 452).
6. We have launched the service 'mobile radio' in Czech language through which we send the latest information via emails and text messages. You can register at <http://praha3.mobilnirozhlas.cz/registrace>.

7. **The Ombudsman for the elderly is available at 222 116 451.** In case of urgent matters, a visit to the home can be arranged. If you do not speak Czech, please contact [www.migrace.com](http://www.migrace.com) (phone: 224 224 379) or [www.cicpraha.org](http://www.cicpraha.org) (phone: 222 360 452).
8. If you are caring for a loved one, you can contact social workers at **773 768 086** for help or advice.
9. For the elderly who need help with delivery of food, medication, hygienic supplies, etc., the telephone line **800 160 166** is available through which delivery services can be organised. If you do not speak Czech, please contact [www.migrace.com](http://www.migrace.com) (phone: 224 224 379) or [www.cicpraha.org](http://www.cicpraha.org) (phone: 222 360 452).
10. **Important links and information for foreigners about coronavirus**

Website Prague for all – some up-to-date information on coronavirus in English,

Ukrainian, Russian, Vietnamese: <https://metropolevsech.eu/en/news/>

Special website of the Ministry of Health about coronavirus in English:

<https://koronavirus.mzcr.cz/en/>

Prague City Hall website – coronavirus information page in English:

[http://www.praha.eu/jnp/en/important\\_notice/covid\\_19.html](http://www.praha.eu/jnp/en/important_notice/covid_19.html)

Prague City Hall website – important notices in English:

[http://www.praha.eu/jnp/en/important\\_notice/index.html](http://www.praha.eu/jnp/en/important_notice/index.html)

**Integration Centre Prague – information in English, Russian, Ukrainian, Vietnamese, Chinese and Arabic:**

***Services of intercultural workers for foreigners – online***

Interpreting in public institutions or during online counselling or explanation of the content of important documents. <https://icpraha.com/tlumoceni-online/>