1. INTRODUCTION

*NOTE:* The following document does not intend to interpret information provided by the Italian authorities, nor does it seek to advise readers. It only serves to gather relevant information in a concise manner useful to the AACUPI members. The working group seeks to provide a summary, in English, of information that is publicly accessible from the Region of Lazio and from the Italian governmental websites. The situation is continuously evolving, and the document has been updated last on June 3rd 2021.

*Italy has been divided in four main areas of risk: red, orange, yellow and white.*

**Red Areas:** none  
**Orange Areas:** none  
**Yellow Areas:** Abruzzo, Basilicata, Bolzano, Calabria, Campania, Emilia Romagna, Liguria, Lombardia, Marche, Piemonte, Puglia, Sicilia, Toscana, P.A.Trento, Umbria, Val d’Aosta, Veneto  
**White Areas:** Friuli Venezia Giulia, Molise, Sardegna

*Since May 18th travel restrictions within Italy have been lifted and since April US citizens may enter or depart Italy to return home at any time. The EU will issue a digital COVID Certificate and will let vaccinated US tourist visit Europe this summer.*

The following governmental offices have provided most of the information gathered:

- Italian government: [http://www.governo.it/it/coronavirus-normativa](http://www.governo.it/it/coronavirus-normativa)
- Ministries of Foreign Affairs, [https://www.esteri.it/mae/en/](https://www.esteri.it/mae/en/)

The Hotline by the Italian Government is **1500**  
(toll free number in Italy, from abroad it is +39 0232008345)  
The Hotline by the Region of Lazio is **800 118 800**

2. INTERNATIONAL MOBILITY

2A. ARRIVAL IN ITALY:

Upon boarding an international flight to Italy all passengers must submit a self-certification form with details on recent health history, reason for travel, countries recently visited and the location of the mandatory self-isolation. Failure to do so may jeopardize international travel. Upon arrival at the Leonardo da Vinci International Airport (FCO), all passengers will be required to undergo a temperature check.

*Students from most countries, including the U.S., will be subject to a mandatory testing and a 10-day self-isolation period* with the exception of “COVID-free-flights” offered by Alitalia and Delta.
Airlines until June 30th. Passengers arriving with the COVID free flights and tested negative 48h before departure and upon arrival will be able to skip quarantine. Restrictions on non-essential travel to Italy from the US and many other non-EU countries currently remain in place. Rapid COVID-19 tests are offered at Leonardo da Vinci International Airport (cost 22€) for those passengers entering from countries listed under letter C of the national decree who have not presented a certificate of negative COVID-19 test carried out within 72 hours before entry into Italy. Last: passengers need to compile the dPLF (European Passenger Locator Form) digitally to maintain compliance with crossing border procedures.

2B. STUDENT VISAS:
As of November 19, 2020, Italy is currently allowing entry to international students for study purposes, even from those countries excluded by national decree, including U.S. citizens. U.S. citizens do not need a study visa to complete recognized educational programs of up to 90 days. For study programs lasting longer than 90 days, a study visa is required. Visa applications are available at the Italian consulate in the geographical area in which the student resides. The length of time for processing visa applications varies by consulate. Visa requirements can be verified by visiting the [this link](#), to include inquiries specific to non-US citizens, such as students from Asian countries and Canada, and lengths of stay less than and greater than 90 days.

2C. MOBILITY in EUROPE:
The freedom of movement within Europe for foreign students varies from country to country, and changes frequently. There is risk of forced quarantine in either Italy or other European destinations should students choose to travel outside of Italy during their enrollment in study abroad programs. Countries may choose to limit mobility of students on short stay tourist visas. For updated information please visit: [http://www.viaggiaresicuri.it/country/](http://www.viaggiaresicuri.it/country/) | [https://reopen.europa.eu/en](https://reopen.europa.eu/en)
It is also recommended that faculty leaders consult with embassies for other countries they wish to visit with students for official program travel, as there are noted cases of countries not accepting study abroad students from Italy for official planned program travel. Students are recommended to consult the embassies for other countries they wish to visit for independent travel. U.S. citizens should always report planned international travel to the U.S. Department of State at [https://step.state.gov/](https://step.state.gov/).

2D. MOBILITY in ITALY:
According to the latest [Decree DL signed by the Italian Prime Minister](http://www.giornalediprincipe.it/news/), restrictions of movement within Italy are lifted according to the health threat levels of the specific regions.

**Lazio (Rome) is now a yellow area** and is no longer a restricted area.
Restaurants with outdoor seating open for lunch and dinner.
Museums are open also on weekends, Cinema and Theaters are open with reduced seating.

**WHITE Areas:** (RT index is below 1, i.e. less than 50/100’000 weekly Covid-19 cases for 3 weeks in a row)
- Night curfew from 11:30pm to 5:00am.
- Restaurants serve food until 11pm. Delivery is permitted nonstop.
- Bars and pubs are permitted remain open until 9pm.
- Museums are open with restrictions.
- Shops are open with no restrictions.
- Gyms, theaters, cinemas and cultural centers are gradually reopening.

**YELLOW Areas:** (the Rt index is below 1)

![Zona gialla](http://www.giornalediprincipe.it/news/)
Night Curfew 11pm-5am. Traveling allowed only to other yellow areas. Self-certification forms are required from 11pm to 5am or when traveling to red and orange zones.

- Museums are open on weekdays and on weekends.
- Restaurants, bars, pubs, bakeries and gelaterias with outdoor seating are open. Max 4 people per table. Takeaway until 11pm for restaurants and 6pm for bars. Food delivery is allowed non-stop.
- Shops and Shopping malls are open again.
- Cultural and Sport events will be permitted to resume outdoors. Theaters and cinemas reopen with strict protocols (max capacity 25% up to 400 spectators outdoors and 200 indoors)
- Outdoor gyms, swimming pools and beach facilities will re-open after May 15th, indoor after June 1

ORANGE Areas: (Rt index is between 1 and 1.25)
Night Curfew 10pm-5am. Traveling not allowed to other areas. In case of urgency a self-certification form is required.

- Restaurants and bars open for takeaway and food delivery only.
- Shops are open. Shopping malls are closed, except for grocery stores, pharmacies, newsstands, Tabacchi and shops that sell essential goods.
- Some (local) schools remain closed.

RED AREA: (Rt index is 1.25 or higher)
Travelling in between regions and cities is prohibited. It is not allowed to leave home unless for essential work, study or health reasons.

- Night curfew from 10pm to 5am.
- Exercising sports is permitted alone outdoors in the vicinity of home. Exercising in groups and pairs is not permitted.
- Restaurants, bars and cafes are open only for takeaway until 10pm and food delivery is allowed nonstop.
- Shops are closed, with the exception of grocery stores, pharmacies, newsstands, tabacchi and shops that sell essential goods.
- Beauty salons, hairdressers and barber shops remain closed.
- Visiting other private homes is not allowed.
- Schools remain closed.

Source: For Maps and for Data click here

3. HEALTHCARE, SUPPORT & SERVICES

3A. SELF-PROTECTION RULES:

1. Wear a face mask
   Wearing your face mask is mandatory in all outdoor or indoor spaces except at home. If you are exercising or eating at a restaurant or café you may remove the mask temporarily. Single-use or washable facemasks are allowed. If you are experiencing symptoms, you should wear a certified surgical mask. Surgical mask standards are established by legislation UNI EN ISO 14683-2019 (www.salute.gov.it) and can be purchased in Italian pharmacies for 0.50 Euro.
   Students are required to wear face masks at all times in the classroom.

2. Wash your hands:
   Washing your hands frequently helps to prevent the spread of COVID-19. You should wash your hands with soap and water for 60 seconds. Use a hand sanitizer (with +70% of alcohol) if you cannot wash your hands with soap and water.
In particular, wash your hands:

- If you touched items or surfaces that may be frequently touched by other people, such as door handles, tables, shopping carts, electronic cashier registers/PIN pads, touch screens, or other.
- Before you touch your eyes, nose, or mouth.

Hand-sanitizing stations must be provided to customers in every shop and in all public buildings throughout Italy.

3. Keep social distance:
   Keep a physical distance of at least 1 meter (3 ft) from others in outdoor and indoor public spaces and keep a distance of 2 meters (6 ft) from other people while practicing sports or exercising.

4. Monitor your health:
   Monitor your temperature daily and do not leave your home if your temperature is higher than 37.5°C (99.5°F).

3B. QUARANTINE UPON ARRIVAL:

The Ministerial Decree (DPCM March 1, 2020) and subsequent amendments requires international students to quarantine for 10 days (see List E on this link). Students and faculty are not allowed to use public transportation from the airport to their final destination/housing and must travel by private transportation services like private shuttle, taxi or private bus.

Travelers subject to quarantine must inform the local healthcare authorities (ASL), as well as to their local doctor (medico di base) upon arrival. An updated list is available here. The person in quarantine must:
- measure body temperature twice each day (in the morning and in the evening);
- stay in isolation for ten (10) days from the date of arrival and avoid any social contacts;
- not leave the flat or hotel room for the entire quarantine period;
- be reachable by phone or WhatsApp at all times (in order to monitor for symptoms)
- check email daily

Food/goods may be received by contactless delivery.

Source: Ministry of Healthcare

3C. TESTING:

The FDA lists the following types of COVID-19 testing available in Italy:

- **PCR molecular testing (molecolare):**
  The Italian public health system as well as private Italian health providers offer PCR tests. This type of test is mostly used for diagnostic purposes and is the only reliable test to track “contact cases”. PCR tests are free for Italian residents and who possesses an SSN card (National Health System) - see 3E. Tests require a prescription by a local doctor (ASL). Appointments for testing can be booked on the online system and take place at drive-in structures. Foreign citizens are required to provide the STP/ENI code. Private providers administering PCR testing do not request prescriptions but charge more, approx. 60-80€ (70-90$) fee. Time for results: 24-36 hours.

- **Antigen testing**
  Rapid nasopharyngeal swab, is a less reliable type of non-diagnostic testing. In Rome these tests are used for screening purposes by several private labs, including the Ospedale Israelitico which recently signed an agreement with AACUPI. The cost is set at €22. Results are available within 5 minutes to a few hours. This link is a list of Rome's private medical labs offering antigen testing.

- **Antibody testing**
  The serological (sierologico) blood test is an alternative screening, but widely vary in accuracy, and only determine if the patient has developed immunity to COVID. This link is a list of Rome’s private medical labs offering serological testing.

The Italian health authorities do not consider antigenic and antibody rapid testing as diagnostically reliable and require confirmation by a PCR molecular test. Rapid testing is useful for colleges and universities to obtain a baseline and sentinel screening.
3C. TRACKING:
The Ministerial Decree (Annex 18 - DPCM 07_09_2020) refers to institutes of higher education and states that universities will appoint a “COVID Manager.” It is the duty of the COVID Manager to report to the public health authorities if COVID-19 cases occur among students, faculty and staff. The Italian authorities highly recommend the use of the immuni app to facilitate the tracking of COVID-19 infections.

https://www.immuni.italia.it/

The app alerts the user in case of exposure to COVID-19 infected persons, even if they are asymptomatic. If the user is notified by the app of a possible infection, they should self-isolate to avoid infecting other people while awaiting test results. The app uses the same language as the user’s smartphone, and the language may be changed to Italian, English, German, French, or Spanish.

NOTE: Students, staff or faculty who test positive for COVID-19 must immediately inform their Program Director, their COVID Manager, and the local doctor (medico di base). They must also provide a list of all people they have had contact with in the 48 hours prior to the onset of symptoms. The COVID-19 infected person must self-isolate until they are cleared by Italian Public Health authorities (ASL) to return to work or school.

3D. VACCINATION:
The development and distribution of an effective and safe vaccine against COVID-19 represents a lasting response to the pandemic. The European Commission presented a European vaccines strategy to accelerate the development, manufacturing and deployment of vaccines against COVID-19. The European Commission set the following goals:

1. by March 2021, at least 80% of people over the age of 80, and 80% of health and social care professionals in every Member State should get vaccinated.
2. by summer 2021, Member States should have vaccinated a minimum of 70% of the entire adult population.

The Lazio Regional vaccination plan is divided into several phases, according to the directives of the Ministry of Health. The goal is to reach target population groups, according to criteria of equity, transparency and correctness. Healthcare personnel, elderly and guests at nursing homes came first. Vaccines will be offered to the entire population. Since February 2021 all teachers, faculty and administrative workers (from Kindergarten to university level) of the age from 18-55y are being vaccinated. AACUPI programs registered with the MIUR (Ministry of Universities and Research) are included in this vaccination plan.

Source: 29/12/2020 - BOLLETTINO UFFICIALE DELLA REGIONE LAZIO - N.155 - Supplemento n. 4

Updates regarding the number of vaccinations is available at the link Governo.it, updated every day. Specific data regarding the number of vaccinations in the Lazio region can be found on the Salutelazio.it website.
3E. QUARANTINE OR ISOLATION PERIOD GUIDELINES:
As of March 19th, if an individual tests positive for COVID-19 the following rules apply in order to complete the quarantine or the period of isolation:

- **For asymptomatic positive cases:**
  A person without any symptoms who tests positive for COVID-19 must isolate for 10 days. After the isolation period of 10 days, they must receive a negative COVID-19 test to end their isolation period.

- **For symptomatic positive cases:**
  A person with symptoms who tests positive for COVID-19 must isolate for at least 14 days after the onset of symptoms. After the isolation period of 10 days, including at least 3 days without any symptoms, they may end their isolation period with a negative COVID-19 test.

- **For long term positive cases:**
  If a person has no symptoms, but continues to test positive for COVID-19, they may exit isolation after 21 days without symptoms.

- **For asymptomatic cases who were in close contact with someone tested positive:**
  A person without symptoms, but who was in close contact with someone who tested positive for COVID-19, must quarantine for 10 days (counting from the last day of contact), or a minimum of 10 days if an antigen or molecular test are negative on the 10th day.

**NOTE:**
- a) Molecular testing is recommended at the end of the quarantine or isolation period if individuals are regularly in close contact with high-risk populations; b) for children special testing (saliva testing or sublingual testing) must be accessible/provided; c) diagnostic testing is not required for people in contact with individuals who are in close contact with positive cases (third-person contact) unless those persons subsequently test positive or community testing is required.

**Source:** Covid-19: indications for the duration and termination of isolation and quarantine; 12 October 2020, 0032850-12/10/2020-DGPRE-DGPRE-P

3F. HEALTHCARE SERVICES & HOSPITALIZATION:
Public healthcare services continue to function fully throughout Italy. Emergency care is offered to all persons, regardless of nationality and immigration status. Assistance is free or very low cost. Foreign citizens in possession of a permit of stay (and their family members) are entitled to register with the National Health System (SSN). Registration lasts for the same period of time as the permit of stay. Non-EU citizens with a permit of stay for more than 90 days who are not entitled to the automatic registration can apply for voluntary registration to obtain the SSN card.

Voluntary registration also applies for:
- Students
- Religious staff
- Employees of International organizations working in Italy, except for those cases regulated by international agreements
- Researchers staying in Italy for scientific research purposes

Voluntary registration with SSN can be requested by foreign citizens staying for study purposes or by au pair staff, even if they have a permit of stay for less than 90 days.

For detailed information visit this link.

Once registered with the Italian SSN, foreigners will receive the SSN Card which entitles the cardholder to use the Italian public health system. The card will expire when the permit of stay does.

The SSN cards entitles the foreign citizen to register with a local doctor (medico di base), to receive free basic health services and to obtain prescriptions for medications. Tests and procedures related to COVID-19 are managed by the local ASL (Local Health Authorities), and must be prescribed by the local ASL doctor (medico di base).

For more information visit this link.

**Note:** AACUPI has some reservations regarding the tax code registration for students and has no record of students successfully registering for the SSN card up today.
COVID-19 HOSPITALS in the Region Lazio
The regional health system offers 2,000 ordinary hospital beds and 450 intensive care beds, effectively doubling the number of intensive care units and going beyond the national forecast of 50%. The HUB hospitals are intended to manage the critical COVID-19 cases while the SPOKE hospitals are managing less critical cases. Both structures are connected to each other.
Link to the various HUB areas (A-I) in the Region of Lazio.

COVID-19 HOTELS in the Region Lazio
The Region Lazio has created a network of 15 hotels which provides 800 beds to accommodate residents affected with light symptoms by COVID-19. The hotels are managed by the local ASL in order to reduce overflow in the hospitals.

3G. STUDENT SUPPORT & WELLNESS:
Students and staff are encouraged to adopt practices that support their mental health and reach out for additional support if they are struggling.
Italian-speaking support by the region of Lazio: https://www.salutelazio.it/sostegno-psicologico
For English-speaking mental health providers in the Rome area who work with American students, please contact your SA program director. Suggested apps for self-care & prevention are: Headspace - MoodMission – or COVID Coach or Moodfit or Take a Break! - Meditations for Stress Relief

4. GOVERNMENTAL GUIDELINES

4A. PROTOCOLS FOR INSTITUTIONS OF HIGHER EDUCATION:
Generally — as long as the COVID-19 emergency persists — the Italian government suggests working and teach remotely whenever possible.
A COVID Manager (possibly the program director) will be appointed who coordinates and implements protocols and safety measurements and will be in contact with the local health authorities (ASL).

PERSONNEL
General protocols require workers, i.e. students/faculty/staff to:
● maintain physical distance of at least 1 meter (3ft) to other people
● wash hands frequently and follow general rules of hygiene
● inform the COVID Manager if individuals show any flu-like symptoms while at work
● wear a face mask at all times; when not possible, keep min. 2-meter (6ft) distance.

Workers (students/faculty/staff) are asked to stay home if:
● their temperature is above 37.5°C or show other flu-like symptoms.
● they are coming from areas of high risk (red zones).
● they have been in contact in the past 14 days with people who tested positive for COVID-19.

NOTE: Workers (students/faculty/staff) must declare their compliance with the above-mentioned guidelines on day one of the start of the program activities. Individuals who enter the workplace/facility may be subjected to body temperature checks. If their temperature is higher than 37.5°C, access will be denied.
Source: DPCM 26 April 2020

TEACHING AND CLASSROOMS
Whenever possible, classes should be taught remotely, i.e. online. The hybrid teaching model (face-to-face and remotely) can be used, but if COVID-19 cases rise exponentially, classes must be taught 100% remotely.
Facemasks must be worn at all times in the classroom.
In the facility and in the classrooms:
Daily sanitization and regular cleaning procedures must be implemented
Hand sanitizer must be available to allow for proper hand hygiene
Physical distance of min. 1 meter must be kept
Windows must be opened frequently and every time before a new class session starts
Group movements (exit and entrance) must be organized in a way to prevent gatherings
Adequate communication (signage) will be provided to visualize the safety procedures and protocols.

**Source:** Allegato 18 del DPCM del 7 agosto 2020 - p. 172-175

**CODE OF CONDUCT FOR UNIVERSITY RESIDENCES**

**DISCO** (Ente Regionale per il Diritto allo Studio e alla Conoscenza) states that students in university residence facilities should observe these guidelines:

a. Maintain a physical distance of minimum 1 meter and avoid physical contact
b. Clean bathrooms after every use with chlorine-based (bleach) or alcohol (+70%) based products
c. Wash hands frequently with soap and water or, when not available, use hand sanitizer
d. Do not share household items, and after using wash them thoroughly with soap and water
e. Do not share linens and towels, and wash them regularly
f. Ventilate rooms on a regular basis and leave windows open as much as possible.

**Source:** Ente regionale per il diritto allo studio e la promozione della conoscenza (DiSCo) - 22/05/2020

**4B. GENERAL RESTRICTIONS IN LAZIO:**

**DCLegge May 18th 2021**

Public and Outdoor space: different curfews apply depending on RT index. If violated a fine from €400-1000 may apply. In case of work, health or other urgencies, one must compile a self-declaration form to be able to travel. **Facemask are mandatory at all times** outdoors, except if completely alone (or alone with another family/member of your household).

Face masks are not required:

- if alone and exercising sports
- for children under age 6
- for people with medical disabilities limiting the use of a facemask
- for caretakers of people with disabilities, while performing caretaking tasks

**In all outdoor spaces social distancing of at least 1m (3ft) is to be observed.**

1. **Churches are open:** visitors must maintain social distancing of min. 1 meter.
2. **Public Transportation continues to operate at a max of 50% capacity.** [www.atac.roma.it](http://www.atac.roma.it)
   In the case of restricted access, disabled, pregnant women and healthcare personnel with a service card have priority. Do NOT use public transport if you have symptoms of acute respiratory infections (fever, cough, cold). Buy your ticket online or with [app My Cicero](https://play.google.com/store/apps/details?id=com.myciceroapp&hl=en) or [Tabnet, nugo, ticketappy and Dropticket](https://www.dropticket.com). Social networks for mobility see: [Twitter @infoatac](https://twitter.com/infoatac), [Telegram.me/infoatac](https://t.me/infoatac), [Whatsapp 335.1990679](https://wa.me/393351990679)
3. **Taxis & car services** have strict sanitary protocols in place. Passengers & drivers must wear masks at all times. Passengers are not allowed to use the front seat. Max. 2 passengers are allowed in the back seat. **Links:** Radio Taxi +39 06 3570 - ItTaxi - FREENow
4. **Electric scooter and bike sharing** are now available in Rome. Shared mobility services include Lime, Helbiz and Bird.
5. **National Train Service.** Links: [www.trenitalia.com](http://www.trenitalia.com) and [www.italotreno.it](http://www.italotreno.it)
   Travel on trains has been limited to max 50% passenger capacity.
   **Essential guidelines:**
   - Face masks required
   - Respect social distancing of 2 meter
   - Use the doors to enter/exit the trains, platforms and stations as indicated
   - Passengers travelling to or from Italy must complete an online affidavit before their journey.
   For more info see [http://www.viaggiaresicuri.it/](http://www.viaggiaresicuri.it/)
6. **Parks and Green Areas are still accessible,** but gatherings prohibited and physical distance of 3ft must be observed.
7. **Sports and physical exercise** are allowed, but physical distance of min. 2 meters is required.  
8. **Grocery shops** stay open until 8.30pm (Mon-Sat; morning hours on Sunday). Facemasks are mandatory and fruit/vegetables can only be touched with gloves.

---

**5. ADDITIONAL LINKS:**

US Embassy Link for Italy:
- [https://it.usembassy.gov/](https://it.usembassy.gov/)
- [https://it.usembassy.gov/covid-19-information/](https://it.usembassy.gov/covid-19-information/)

US Embassy in Rome:  
Via Vittorio Veneto 121, Roma, Tel: +39 06 46741

Links for the **European Commission** with information about mobility restrictions and response to the **COVID-19 pandemic**:


---

Compiled by the AACUPI Rome COVID-19 Committee  
Valeria Albani, Lacey Armstrong, Francesco Bedeschi, Francesco Burzacca, Carolina Ciampaglia, Francesca Cuccovillo, Annalisa Maione, Stephen Marth, Alessio Noro, Frauke Petretto, Pia Schneider, Laura Tagliapietra, Marilyn Vitale.