

COVID-19 Update – 2022 Spring and Summer Semester April 13, 2022

The Government of Ontario recently lifted many of its COVID-19 public health protocols, including the requirement to wear masks in most indoor public settings. There are also new COVID-19 isolation requirements. However, COVID-19 remains as a risk, and key indicators suggest Ontario is now in a sixth wave with thousands of new daily infections.

Canadore College's primary concern throughout the pandemic has been the health and well-being of our employees and students. The on-campus safety protocols initiated at the beginning of the pandemic have worked to keep the college community safe. **As per the provincial regulations, Canadore College has decided to maintain its COVID-19 mask mandate through to the end of the upcoming Spring and Summer semesters.**

Canadore College will continue to supply all those entering its campuses with an approved 3-layer procedure mask. Until further notice, cloth masks will not be permitted.

No additional personal protective equipment is required where individuals are masked.

For full details on Canadore's vaccination requirement, including the exemption request process, visit <https://www.canadorecollege.ca/experience/wellness/health-centre/coronavirus/covid-19-coronavirus-vaccination-requirement-faq>

Access to Campus

The COVID-19 self-assessment tool is available on the Canadore Safe App (available from the App Store or Google Play). The app has been updated to link directly to the Province of Ontario's COVID-19 assessment. **Use the Provincial assessment tool to conduct Self-assessment which must be completed prior to accessing the campus. The onus is on the individual to ensure the assessment is completed as Canadore has shifted to passive versus active screening.**

Ongoing self-assessment is critical and will confirm if you:

- are not experiencing **ANY** COVID-19 symptoms; and
- have not been in close physical contact with someone who has tested positive for COVID-19.

The Government of Ontario's isolation requirements are as follows:

Employees and students who are experiencing COVID-19 symptoms (most common: fever/chills, cough, shortness of breath, decrease/loss of smell or taste, extreme tiredness not associated with a pre-existing condition) should assume they have a COVID-19 infection, may be contagious, and must not attend campus.

Your isolation period begins the day **after** you noticed your symptoms, or the day **after** you took a test (if eligible) – whichever came first. The day you first noticed symptoms or took the test is considered day zero.

For those who are fully vaccinated, you must isolate for at least five days

- If you reach the end of your isolation period **and** have a fever and/or other symptoms, you must continue to isolate until your symptoms have improved significantly for at least 24 hours (or 48 hours if the symptoms affect the digestive system), and you have no fever.

If you feel sick, but your symptoms are not in the list above, stay home until you feel better for at least 24 hours (or 48 hours if the symptoms affect the digestive system).

After you finish isolating

- For five days (or 10 days if you are immunocompromised) after your isolation period ends, **you must continue to wear a well-fitted mask in all public settings.**
- You can temporarily remove your mask for essential activities such as when eating in shared space at school/work while still maintaining as much distancing from others as possible.
- You can participate in activities where masking can be maintained throughout, but you should avoid activities where mask removal would be necessary (such as dining out).

[Anyone who is exempt](#) may return to public settings without masking, but they should:

- avoid visiting anyone who is immunocompromised or at higher risk of illness (for example, seniors); and
- avoid visiting or working in any highest risk settings.

If you develop severe symptoms requiring medical attention, such as shortness of breath or chest pain, call 911 and inform them that you may have COVID-19.

If you live with someone who has symptoms or has tested positive for COVID-19

You **do not** need to isolate if one of the following applies to you:

- you have previously tested positive in the last 90 days and do not have symptoms;
- you are over 18 years old and have received a COVID-19 booster dose; or
- if you are under 18 years old and are fully vaccinated.

Instead for 10 days after exposure:

- self-monitor for symptoms;
- wear a mask and avoid activities where mask removal would be necessary; and
- **do not** visit anyone who is at higher risk of illness or any highest-risk settings (unless you previously tested positive in the past 90 days).

If you do not meet any of the criteria above, you must isolate while the person with symptoms/positive test result isolates (or for 10 days if you are immunocompromised)

If you have been exposed to someone outside your household who has symptoms of COVID-19 or a positive test result.

No isolation is required; however, you must:

- Self-monitor for symptoms for 10 days after last exposure;
- Wear a mask, avoid activities where mask removal is necessary (dining out, high contact sports) and follow all other public health measures if leaving home; and
- Do not visit any high-risk settings (long-term care or retirement homes), or people who may be at higher risk of illness, for 10 days after last exposure.

If you live, work, attend, volunteer or have an academic placement in a highest-risk setting

You are required to:

- tell them you have been exposed; and
- avoid going there for 10 days from your last exposure, **unless you have tested positive for COVID-19 in the last 90 days and have no symptoms.**

The highest-risk settings include:

- hospitals and health care settings, including complex continuing care facilities and acute care facilities;
- congregate living settings, such as long-term care and retirement homes, First Nations elder care lodges, group homes, shelters, hospices, temporary foreign worker settings, correctional institutions, provincial demonstration schools and hospital schools; and
- home and community care settings.

To help ensure sufficient staffing levels, workers in these settings may be asked to return to work earlier than 10 days, with additional precautions such as testing. Speak with your employer for more information.