

## COVID-19 Update – November 15, 2022

Ontario's Chief Medical Officer of Health, Dr. Kieran Moore, has announced the provincial health system is facing increasing pressures with the ongoing circulation of COVID-19, the earlier than normal rise in Respiratory Syncytial Virus (RSV), and influenza. As part of our social responsibility, Canadore will continue to support the recommendations to try and stop of spread of these illnesses. This includes communicating the need to return to the basics that have proven to work over the course of the pandemic.

They are:

- Complete daily self assessment and stay home if you are not well;
- Wear a mask in public places while maintaining high levels of hand hygiene; and
- Obtain vaccinations, including the flu shot, including updated bivalent COVID vaccines.

### Self Assessment

Canadore encourages everyone to complete the COVID-19 self-assessment to confirm you are not experiencing any COVID-19 symptoms, or have not been in close physical contact with someone who has tested positive for COVID-19, and to determine if isolation is required. The self-assessment tool can be accessed via the Government of Ontario COVID-19 response page at <https://covid-19.ontario.ca/self-assessment/>

If you have symptoms **of any respiratory illness**, stay home until symptoms have improved for at least 24 hours prior to returning to campus. Other guidelines to follow:

- If you have a fever, stay home until it is gone completely. Wait at least 24 hours prior to returning to campus;
- If you have gastrointestinal symptoms, stay home until symptoms have improved for at least 48 hours prior to returning to campus;
- After isolating at home, you **MUST** wear a mask in public for 10 days from the onset of symptoms;
- If sick, avoid non-essential visits to vulnerable or older people for a full 10 days starting the day after symptoms appear, including visits to high-risk settings (long-term care homes and hospitals);
- If you live with someone who is sick or tested positive for COVID-19, wear masks in public areas and on campus, even if you feel well, and avoid vulnerable people and settings for 10 days after exposure; and Isolate immediately if you develop symptoms.

### Masks on campus

Canadore College continues to follow the guidance of local and provincial health authorities, and to highly encourage the use of masks. The College continues to provide free masks for those who wish to wear them. Canadore's Respectful College Community Policy applies to all members of the college community, and we promote a supportive and inclusive working and learning environment. We ask that employees and students respect individual preferences to wear a mask.

**Canadore strongly encourages the campus community to wear a mask when indoors, or in close proximity to others.** High-quality isolation masks will be provided at no charge to anyone who requires a mask while on campus. These masks are available at all front-line service areas and the welcome center, and will be provided to individual department areas.

**Vaccinations on campus**

Canadore College endorses vaccinations and encourages the college community to get vaccinated, but they are not mandatory.

**Free Flu Vaccine Clinic:** Available to all Canadore students and employees every Tuesday from November 1<sup>st</sup> to November 29<sup>th</sup> from 1:30pm to 3:30pm. The clinic is being held in the Student Lounge across from the bookstore at the College Drive Campus.

**Free COVID Bivalent Vaccine Clinic:** Available to all Canadore students and employees on Friday November 18<sup>th</sup> from 9 a.m. until 3 p.m. in the Student Lounge across from the bookstore at the College Drive Campus

For more information about vaccines and boosters, visit <https://covid-19.ontario.ca/getting-covid-19-vaccine#booster-doses>.

**Enhanced Cleaning and Disinfecting – Washing and Sanitizing Hands**

- Canadore College follows the directives of local and provincial public health authorities and will continue its cleaning and sanitizing protocols.
- Washing and sanitizing your hands and vaccination are the most important things you can do to protect yourself and others.
- The College encourages our community to use the hand sanitizing stations frequently, practice proper hand hygiene, and continue to cough or sneeze into your sleeve.

**Three simple steps to stay healthy this fall**

1. Wear a mask in public places, including on campus.
2. Be up to date with all vaccinations.
3. Stay home if you're sick.