

Helping the Canadore Community Stay Healthy and Safe this Fall.

Fall/Winter 2024

The health and safety of Canadore and the College Community is a shared responsibility. The annual influenza (flu) season will be upon us soon (November to April), and despite much lower numbers, COVID-19 is still has not gone away. As the College welcomes students, employees, and visitors to our campuses we must be mindful of our actions and the risks to ourselves and others with these viruses circulating in the community.

Symptoms of influenza include:

- Fever
- Chills
- Cough
- Watery eyes
- Stuffy Nose
- Sore throat
- Headache
- Muscle aches
- Extreme weakness and fatigue
- Nausea, vomiting and diarrhea.

Upper Respiratory Infections (URI), the flu, and COVID-19 have many of the same symptoms, which is why as part of our social responsibility, Canadore will continue to communicate any significant developments regarding illnesses. The College supports the following recommendations to mitigate the spread of viruses. These recommendations proved successful during the COVID-19 pandemic.

- Complete a daily self assessment;
- Do not attend campus if you are ill, even with minor symptoms;
- Obtain vaccinations, including the flu shot, and updated COVID vaccines;
- Maintain high levels of hand hygiene;
- Cough and sneeze into your sleeve;
- Wear a mask in public places and on campus as outlined below.

Self-Assessment

Canadore encourages everyone to complete a self-assessment to confirm you are not experiencing any flu, upper respiratory infection (URI) or COVID-19 symptoms. 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 on-campus 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 for placements (long-term care homes and hospitals);
- If you live with someone who is sick with an URI 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 encourage the use of masks and will 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.

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 encourages everyone in the college community to get a flu vaccination and COVID-19 booster, but they are not mandatory.

The Health Centre will be providing clinics on campus for the flu shot. Additional information will be provided near the end of October from the Health Centre.

For more information about vaccines and boosters, visit <https://www.myhealthunit.ca/en/health-topics/vaccinations.aspx>.

Three simple steps to stay healthy this fall:

1. Stay home if you are sick;
2. Wear a mask on campus if you were recently ill; and.
3. Be up to date with all vaccinations.

For more information about the flu, COVID-19 and other respiratory illnesses visit,

<https://www.publichealthontario.ca/en/Diseases-and-Conditions/Infectious-Diseases/Respiratory-Diseases>