

# COVID-19 Residence FAQs

## I'm sick, what should I do?

- If you develop symptoms, you are directed by a health care professional to self-isolate.
- Immediately call the Porcupine Health Unit at 705-267-0224.
- Please also contact the Residence Officer and your health care provider to let them know.
- Make sure you familiarize yourself with the isolation protocol attached.

## What are preventative measures I can take?

- Clean your hands often with soap and water or use alcohol-based hand sanitizer.
- Cough and sneeze into the bend of your arm, not into your hand.
- Avoid touching your nose, mouth or eyes with your hands.
- Stay in your room or home when you are sick and avoid contact with other people until your symptoms are gone.
- Clean objects and surfaces that many people touch, such as doorknobs, phones, and television remotes.
- Get your influenza vaccine.
- Eat healthy foods and stay physically active to keep your immune system strong.
- Get plenty of rest or sleep.
- If you suspect you are sick, avoid visiting individuals with health concerns.

## What are the cleaning protocols in Residence?

Residences follow a strict cleaning protocol, including cleaning and disinfecting, with special attention being paid to high frequency touch points. Cleaning is defined as removing germs, dirt, and impurities from surfaces. Disinfecting is defined as killing the germs on the surface using specialized chemicals. High frequency touch points include:

- Light switches
- Door knobs/ handles
- Push/pull plates on doors
- All washroom fixtures
- Chair handles
- Soap/ hand sanitizer dispensers
- Paper dispensers
- Handle rails

## How is residence supporting physical distancing protocols?

Public health agencies across the globe are recommending physical and social distancing as a way to prevent the spread of COVID-19. Public health recommends that we maintain a 2-metre distance between ourselves and others, do not shake hands or make other personal contact.

- Masks are required in public spaces.
- No guests are permitted in residence.
- The number of residents in any common space is limited.
- Signage in residence advertises handwashing and social distancing guidelines
- Disciplinary procedures are in place, which a written warning, a \$100.00 fine, and can lead to eviction to keep everyone safe and well.

While these measures will help, it is up to all of us individually to follow social distancing guidelines in order to keep our communities safe.

## What do I do if I learn that someone in Residence has tested positive for Covid-19?

- Stay calm.
- Resist the impulse to spread rumours about someone having Covid.
- Contact the Residence Officer to share what you have learned regarding a Resident who has tested positive.
- Begin the self-monitoring process (see below).
- Self-isolate if you have been in direct contact with the person who has tested positive and follow the guidelines below.
- Await information from the Residence Officer or another college official.
- Answer the Public Health Tracing message if you receive one.

# COVID19- Residence Student Isolation Protocol for confirmed or suspected cases 20-21 academic year

The following guidelines have been created to assist all Northern College Residents to manage and respond appropriately, in the event that a student has a suspected or confirmed case of Covid-19.

## Definitions:

**Self-isolation** – Self-isolation means staying in your isolation space and avoiding all contact with others. **People who are positive for COVID-19 or are deemed high-risk contacts by Public Health are required to self-isolate.** Do not leave your isolation space unless it is to seek immediate medical attention. Do not leave your isolation space for essentials or food – meals will be delivered to you.

You cannot be within 2 meters of another person. A requirement for self-isolation will be under the direction of a health-care professional, public health order, or as mandated by government legislation. Students arriving from international travel must self-isolate on arrival to Canada.

**Self-monitor**– **If you are a low-risk contact of someone who tests positive for COVID19 or if you are aware that you are a low-risk contact of someone who is symptomatic and is awaiting test results, you will be required to self-monitor for 14 days after exposure.**

Self-monitoring includes making efforts to minimize contact with others, and monitor yourself for symptoms including fever, difficulty breathing, loss of smell or taste and others **If symptoms develop, you must seek medical attention immediately, get tested and would be required to enter self-isolation.**

**Close physical contact** - means being less than 2m away in the same room, workspace, or area for over 15 min or living in the same home

**Positive screening** – The Ontario Ministry of Health has created a screening tool to use while self-monitoring. The screening tool will recommend next steps for you to take based on your self-described symptoms. Follow the instructions provided by the screening tool. **A positive screening will likely result in the need for testing and self-isolation.**

**Positive test result** – A positive COVID test result requires self-isolation for a minimum of 14 days, or as directed by a health care professional. Follow the instructions provided by the testing centre staff.

**You must let the Residence Officer know you have had a positive result right away so that we can support you while isolating.**

## Precautionary Protocols

1. Residence allocations are completed in a way that meets physical distancing guidelines set out by Public Health.
2. Students are required to wear a mask when in any common spaces within residence buildings.
3. Residence common kitchens are supplied with additional cleaning materials and instructions; which students are expected to use during/after use.
4. Guests are not permitted in residence.

5. Students receive instructions on actions to take if they become sick, including mandatory communication with Residence Officer when symptoms develop

## Self-Isolation Protocol

If you develop symptoms, are directed by a health care professional to self-isolate, or otherwise suspect that you may have COVID19:

### 1) Contact the Residence Officer

1. You will be provided with instructions on the need and steps to consult healthcare professional
2. If you screen positive using the online self-screening tool, you must self-isolate and arrange for testing as soon as possible.
  - Follow the instructions provided by the self-assessment tool regarding what to do between the time that you screen positive and the time that you get tested;
  - Once tested, you must follow the instructions given to you by the testing center personnel.
3. **The Residence Officer** will direct you to disclose health care professional recommendations, and allergies/dietary needs.
4. You must stay in the isolation space until you receive direction from a health care professional to stop self-isolating (depending on test result, symptoms, and personal health factors).
  - Meals will be delivered directly to your isolation space daily.

**2) Get tested for COVID-19:** you must attend a testing centre or a health care provider will be dispatched to your room to make sure a COVID-19 test is conducted as soon as possible. Please have your provincial health card available.

- a. Let the testing site know that you live in residence and follow the discharge instructions provided by the testing center.
- b. You are responsible for getting your test results as soon as possible, through either the on-line portal or from the physician who ordered the test.

**3) Disclose test results to Residence Officer:** you have to let the Residence Officer know that you have been tested and must share the results with them (whether positive or negative) and instructions once you have received them.

### 4) Contact Tracing

- a. The Public Health Unit will determine who, if any, Residents are considered low or high risk for contracting Covid-19, based on contact Tracing.
- b. Public Health will contact anyone who is a high-risk contact of a positive case of COVID- 19, and will advise that they self-isolate and get tested.

- c. All other students in Residence will continue to self-monitor.
- d. No additional action from Residence staff.
- e. Staff will be prepared to respond to questions from other students if they arise.

## INFORMATION FOR STUDENTS COMPLETING SELF-ISOLATION IN RESIDENCE

**Self-isolation** of anyone with symptoms and anyone who has had close contact with a known or suspected case of COVID-19 is **essential** to help ensure the safety of all Northern College Residence.

To make sure you stay isolated other than for emergency or other approved reasons to leave your room, a staff member is available to offer support, including facilitating food delivery, garbage removal or other needs while in isolation.

**For assistance, please call (705) 363-6598.**

### Things to keep in mind

- Make sure that you bring all personal belongings with you to the isolation space, as you will not be able to retrieve additional items during your isolation period.
- The Residence Staff will check on you daily via your cell phone or other agreed upon means. Record of the daily check-in will also be provided to Public Health. If you do not respond to the check-ins, Campus Security may enter your room to make sure you are safe and well.
- Staff will leave meals outside your door daily as scheduled. Please wait for them to leave before opening your door to support physical distancing efforts.
- You may not interact with anyone in person, including, but not limited to friends, family members, residence staff, and other residents on your floor.
- You may not leave your room unless it is to seek medical assistance or in the event of an emergency evacuation. In these cases, you are required to wear the mask provided.
- Communicate with us as things change, specifically when you have interacted with healthcare professionals and have received direction from them.
- **Monitor your health while in isolation. If your symptoms worsen, alert Residence Staff or contact your healthcare provider or Telehealth for guidance. If you require immediate medical attention call 911.**

## Contactless delivery process:

- Food will be left outside of your door.
- We will let you know that the food is there for you by knocking on your door to tell you when your food has been delivered.

## Laundry

A laundry service is available to students in isolation.

## Maintenance issues in your room

If you experience an emergency maintenance issue (ex. flood, electrical outage, etc.), please call the Residence Officer.

## Garbage Removal

Please do not leave your room to bring out your garbage and recycling. When your garbage/recycling is full, please put it neatly outside your door for retrieval. Please let the Residence staff know that you have put it there.

## Emergency Evacuations

You must evacuate the building if the fire alarm rings, and wear the mask that has been provided to you. Follow typical evacuation procedures (lock your door, take your keys, don't use the elevator, use the closest stairwell). Keep 2 metres away from other people during your evacuation. Upon evacuation, go to a location that is removed from other people, keeping a 2 metre distance. Remain outside and do not enter another building while you wait for the all clear.

## Mail

We ask that you not order packages while in isolation, unless items are essential. If there is a piece of mail that you urgently expect/need, please connect with the staff on-call during your daily check ins to arrange for the package to be brought to your room.