

# COVID-19 Pathways Guidance



March 12, 2021

Following a lengthy process of revisions, approvals and review by both the Porcupine Health Unit and the Timiskaming Health Unit, Northern College has developed an updated COVID-19 pathways guidance document that addresses how students/staff should be proceeding if/when they have various circumstances (both for themselves or if they have been 'contacts'). Please note it addresses the following 5 scenarios:

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**(1) STUDENT/STAFF SYMPTOMATIC**

SYMPTOMS CAN INCLUDE (BUT ARE NOT LIMITED TO): FEVER, NEW OR WORSENING COUGH, SHORTNESS OF BREATH, SORE THROAT/HOARSE VOICE, DIFFICULTY SWALLOWING, LOSS OF SENSE OF SMELL OR TASTE, NAUSEA, VOMITING, DIARRHEA, ABDOMINAL PAIN, RUNNY NOSE OR NASAL CONGESTION.

**SELF-ISOLATE/DO NOT COME TO CAMPUS/CONTACT YOUR LOCAL ASSESSMENT CENTRE FOR COVID-19 TESTING.**

PHONE NUMBERS FOR YOUR LOCAL ASSESSMENT CENTRE CAN BE LOCATED ON THE PORCUPINE HEALTH UNIT OR TIMISKAMING HEALTH UNIT WEBSITE:

- <https://www.porcupinehu.on.ca/en/your-health/infectious-diseases/novel-coronavirus/covid-feeling-sick-tested/covid-assessment-centres/>
- <http://www.timiskaminghu.com/90484/covid-19>

*ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**ARE YOU BEING TESTED FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE WHILE AWAITING TESTING AND TEST RESULTS.

CONTINUE TO SELF-ISOLATE FOR 10 DAYS FROM SYMPTOM ONSET. YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS 10 DAY PERIOD IS COMPLETE AND YOU HAVE BEEN SYMPTOM FREE FOR 24 HOURS.

**ARE TEST RESULTS POSITIVE FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE (10-20 DAYS). YOU WILL BE DIRECTED BY YOUR LOCAL HEALTH UNIT WHEN ISOLATION IS COMPLETE.

PERMITTED TO RETURN TO CAMPUS ONCE SYMPTOMS HAVE DRASTICALLY IMPROVED AND YOU ARE FEVER FREE (WITHOUT THE USE OF MEDICATION) FOR 24 HOURS.

***CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO PROVIDE AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS. YOU REQUIRE CLEARANCE FROM NORTHERN COLLEGE TO RETURN TO CAMPUS.***

(2) STUDENT/STAFF FEELS WELL (ASYMPTOMATIC)

HAS ARRIVED/RETURNED FROM TRAVEL OUTSIDE OF CANADA

**MANDATORY QUARANTINE IS REQUIRED FOR 14 DAYS/DO NOT COME TO CAMPUS.**

**A 14 DAY QUARANTINE IS REQUIRED WHEN ARRIVING/RETURNING FROM TRAVEL OUTSIDE OF CANADA AS PER THE CANADIAN FEDERAL QUARANTINE ACT. EVEN IF YOU HAD A NEGATIVE COVID-19 TEST PRIOR TO TRAVEL, OR UPON ARRIVAL TO CANADA, YOU ARE STILL REQUIRED TO COMPLETE A 14 DAY PERIOD OF QUARANTINE.**

*ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**IF YOU DEVELOP SYMPTOMS (LIST) WHILE IN QUARANTINE**

SYMPTOMS CAN INCLUDE (BUT ARE NOT LIMITED TO): FEVER, NEW OR WORSENING COUGH, SHORTNESS OF BREATH, SORE THROAT/HOARSE VOICE, DIFFICULTY SWALLOWING, LOSS OF SENSE OF SMELL OR TASTE, NAUSEA, VOMITTING, DIARRHEA, ABDOMINAL PAIN, RUNNY NOSE OR NASAL CONGESTION.

**MAINTAIN YOUR QUARANTINE/DO NOT COME TO CAMPUS/ CONTACT YOUR LOCAL ASSESSMENT CENTRE FOR COVID-19 TESTING.**

PHONE NUMBERS FOR YOUR LOCAL ASSESSMENT CENTRE CAN BE LOCATED ON THE PORCUPINE HEALTH UNIT OR TIMISKAMING HEALTH UNIT WEBSITE:

- <https://www.porcupinehu.on.ca/en/your-health/infectious-diseases/novel-coronavirus/covid-feeling-sick-tested/covid-assessment-centres/> •  
<http://www.timiskaminghu.com/90484/covid-19>

*ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**ARE YOU BEING TESTED FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE WHILE AWAITING TESTING AND TEST RESULTS.

CONTINUE TO SELF-ISOLATE FOR 10 DAYS FROM SYMPTOM ONSET. YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS 10 DAY PERIOD IS COMPLETE AND YOU HAVE BEEN SYMPTOM FREE FOR 24 HOURS. NOTE: IF THIS 10 DAY PERIOD OF ISOLATION ENDS BEFORE YOUR ORIGINAL 14 DAY QUARANTINE PERIOD, YOU MUST STILL COMPLETE THE FULL 14 DAYS.

**ARE TEST RESULTS POSITIVE FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE (10-20 DAYS). YOU WILL BE DIRECTED BY YOUR LOCAL HEALTH UNIT WHEN ISOLATION IS COMPLETE.

YOU ARE PERMITTED TO RETURN TO CAMPUS ONCE YOUR ORIGINAL 14 DAY QUARANTINE IS COMPLETE **AND** SYMPTOMS HAVE DRASTICALLY IMPROVED AND YOU ARE FEVER FREE (WITHOUT THE USE OF MEDICATION) FOR 24 HOURS.

***CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO PROVIDE AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS. YOU REQUIRE CLEARANCE FROM NORTHERN COLLEGE TO RETURN TO CAMPUS.***

**(3) STUDENT/STAFF KNOWS OR BELIEVES THEY HAVE BEEN IN DIRECT/CLOSE CONTACT WITH A COVID -19 POSITIVE CASE.**

**AND YOU FEEL UNWELL (ARE SYMPTOMATIC)**

SYMPTOMS CAN INCLUDE (BUT ARE NOT LIMITED TO): FEVER, NEW OR WORSENING COUGH, SHORTNESS OF BREATH, SORE THROAT/HOARSE VOICE, DIFFICULTY SWALLOWING, LOSS OF SENSE OF SMELL OR TASTE, NAUSEA, VOMITTING, DIARRHEA, ABDOMINAL PAIN, RUNNY NOSE OR NASAL CONGESTION.

**AND YOU FEEL WELL (ASYMPTOMATIC)**

**SELF-ISOLATE/DO NOT COME TO CAMPUS/CONTACT YOUR LOCAL PUBLIC HEALTH UNIT FOR FURTHER DIRECTION CALL PORCUPINE HEALTH UNIT AT: 705-267-1181 (TIMMINS) CALL TIMISKAMING HEALTH UNIT AT: 1-866-747-4305 (NEW LISKEARD & KIRKLAND LAKE)**

YOUR LOCAL HEALTH UNIT WILL ADVISE YOU IF:  
 YOU REQUIRE COVID-19 TESTING, AND  
 IF YOU ARE REQUIRED TO SELF-MONITOR, OR  
 IF YOU ARE REQUIRED TO SELF-ISOLATE AND FOR HOW LONG

***ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION. YOU WILL RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS BASED ON THE DIRECTIONS PROVIDED TO YOU BY YOUR LOCAL HEALTH UNIT.***

**ARE YOU BEING TESTED FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE WHILE AWAITING TESTING AND TEST RESULTS.

CONTINUE TO SELF-ISOLATE FOR THE PERIOD OF TIME THAT YOU ARE DIRECTED TO BY YOUR LOCAL HEALTH UNIT.

YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS PERIOD IS COMPLETE **AND** SYMPTOMS HAVE DRASTICALLY IMPROVED AND YOU ARE FEVER FREE (WITHOUT THE USE OF MEDICATION) FOR 24 HOURS.

**ARE TEST RESULTS POSITIVE FOR COVID-19?**

**YES**

**NO**

CONTINUE TO SELF-ISOLATE FOR THE PERIOD OF TIME THAT YOU ARE DIRECTED TO BY YOUR LOCAL HEALTH UNIT.

YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS PERIOD IS COMPLETE **AND** SYMPTOMS HAVE DRASTICALLY IMPROVED AND YOU ARE FEVER FREE (WITHOUT THE USE OF MEDICATION) FOR 24 HOURS.

***CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO PROVIDE AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS. YOU REQUIRE CLEARANCE FROM NORTHERN COLLEGE TO RETURN TO CAMPUS.***

(4) STUDENT/STAFF FEELS WELL (ASYMPTOMATIC) - LIVES WITH SOMEONE WHO RETURNED FROM TRAVEL OUTSIDE OF CANADA, OR WITH ANOTHER PERSON WHO HAS BEEN IN DIRECT CONTACT WITH A POSITIVE COVID-19 CASE. - YOU HAVE NOT BEEN IN DIRECT CONTACT WITH A COVID 19 POSITIVE CASE YOURSELF.

**NO ISOLATION IS REQUIRED, YOU ARE PERMITTED TO COME TO CAMPUS.  
ENSURE YOU MAINTAIN ONGOING COVID-19 PRECAUTIONS, AND SELF-MONITOR FOR THE DEVELOPMENT OF SYMPTOMS.**

**IF YOU DEVELOP SYMPTOMS**

SYMPTOMS CAN INCLUDE (BUT ARE NOT LIMITED TO): FEVER, NEW OR WORSENING COUGH, SHORTNESS OF BREATH, SORE THROAT/HOARSE VOICE, DIFFICULTY SWALLOWING, LOSS OF SENSE OF SMELL OR TASTE, NAUSEA, VOMITTING, DIARRHEA, ABDOMINAL PAIN, RUNNY NOSE OR NASAL CONGESTION.

**SELF-ISOLATE/DO NOT COME TO CAMPUS/ CONTACT YOUR LOCAL ASSESSMENT CENTRE FOR COVID-19 TESTING.**

PHONE NUMBERS FOR YOUR LOCAL ASSESSMENT CENTRE CAN BE LOCATED ON THE PORCUPINE HEALTH UNIT OR TIMISKAMING HEALTH UNIT WEBSITE:

<https://www.porcupinehu.on.ca/en/your-health/infectious-diseases/novel-coronavirus/covid-feeling-sick-tested/covid-assessment-centres/>

<http://www.timiskaminghu.com/90484/covid-19>

*ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**ARE YOU BEING TESTED FOR COVID-19?**

**YES**

CONTINUE TO SELF-ISOLATE WHILE AWAITING TESTING AND TEST RESULTS.

**ARE TEST RESULTS POSITIVE FOR COVID-19?**

**YES**

CONTINUE TO SELF-ISOLATE (10-20 DAYS).  
YOU WILL BE DIRECTED BY YOUR LOCAL HEALTH UNIT WHEN ISOLATION IS COMPLETE.

**NO**

PERMITTED TO RETURN TO CAMPUS  
ONCE SYMPTOMS HAVE DRASTICALLY IMPROVED AND YOU ARE FEVER FREE (WITHOUT THE USE OF MEDICATION) FOR 24 HOURS.

**NO**

CONTINUE TO SELF-ISOLATE FOR 10 DAYS FROM SYMPTOM ONSET. YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS 10 DAY PERIOD IS COMPLETE AND YOU HAVE BEEN SYMPTOM FREE FOR 24 HOURS.

***CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO PROVIDE AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION***

***ON YOUR PATHWAY TO RETURN TO CAMPUS. YOU REQUIRE CLEARANCE FROM NORTHERN COLLEGE TO RETURN TO CAMPUS.***

**(5) STUDENT/STAFF FEELS WELL (ASYMPTOMATIC)  
HAS A SYMPTOMATIC HOUSEHOLD CONTACT (SPOUSE/PARTNER/CHILD/ROOMATE)**

**DO NOT COME TO CAMPUS. ISOLATE AND ENSURE YOU MAINTAIN ONGOING COVID-19 PRECAUTIONS AT HOME.**  
*CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**IS YOUR SYMPTOMATIC HOUSEHOLD CONTACT BEING TESTED FOR COVID-19?**

**YES**

**NO**

**DO NOT COME TO CAMPUS, SELF ISOLATE AND ENSURE YOU MAINTAIN ONGOING COVID-19 PRECAUTIONS AT HOME. AWAIT YOUR SYMPTOMATIC HOUSEHOLD CONTACT'S COVID-19 TEST RESULTS**

**DO NOT COME TO CAMPUS.**  
**YOU ARE REQUIRED TO SELF-ISOLATE FOR 14 DAYS FROM A BREAK IN CONTACT WITH YOUR SYMPTOMATIC HOUSEHOLD CONTACT**  
**OR**  
**IF YOU DO NOT HAVE A BREAK IN CONTACT WITH YOUR SYMPTOMATIC HOUSEHOLD CONTACT, THEN YOU MUST CONTINUE TO ISOLATE FOR 14 DAYS, BEGINNING AT THE END OF YOUR HOUSEHOLD CONTACT'S ISOLATION PERIOD (10 DAYS FROM THEIR SYMPTOM ONSET OR AS DIRECTED BY THE LOCAL HEALTH UNIT).**

**ARE YOUR HOUSEHOLD CONTACT'S TEST RESULTS POSITIVE FOR COVID-19?**

*ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS.*

**YES**

**NO**

**SELF-ISOLATE/DO NOT COME TO CAMPUS/CONTACT YOUR LOCAL PUBLIC HEALTH UNIT FOR FUTURE DIRECTION**

**CALL PORCUPINE HEALTH UNIT AT: 705-267-1181 (TIMMINS) CALL TIMISKAMING HEALTH UNIT AT: 1-866-747-4305 (NEW LISKEARD & KIRKLAND LAKE)**

YOUR LOCAL HEALTH UNIT WILL ADVISE YOU IF:  
YOU REQUIRE COVID-19 TESTING, AND  
IF YOU ARE REQUIRED TO SELF-MONITOR, OR  
IF YOU ARE REQUIRED TO SELF-ISOLATE AND FOR HOW LONG

***ALSO CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO REPORT YOUR SITUATION. YOU WILL RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS BASED ON THE DIRECTIONS PROVIDED TO YOU BY YOUR LOCAL HEALTH UNIT.***

PROVIDED YOU  
REMAIN  
ASYMPTOMATIC  
YOU MAY RETURN  
TO CAMPUS.

<b>ARE YOU BEING TESTED FOR COVID-19?</b>			
<b>YES</b>	<b>NO</b>		
CONTINUE TO SELF-ISOLATE WHILE AWAITING TESTING AND TEST RESULTS.	CONTINUE TO SELF-ISOLATE FOR 14 DAYS FROM YOUR DATE OF CONTACT WITH THE COVID-19 POSITIVE CASE. YOU ARE NOT TO RETURN TO CAMPUS UNTIL THIS 14 DAY PERIOD IS COMPLETE <u>AND</u> YOU REMAIN ASYMPTOMATIC.		
<b>ARE TEST RESULTS POSITIVE FOR COVID-19?</b>			
<b>YES</b>	<b>NO</b>		
CONTINUE TO SELF-ISOLATE (10-20 DAYS). YOU WILL BE DIRECTED BY YOUR LOCAL HEALTH UNIT WHEN ISOLATION IS COMPLETE.	CONTINUE TO SELF-ISOLATE FOR 14 DAYS FROM YOUR DATE OF CONTACT WITH THE COVID-19 POSITIVE CASE. YOU ARE NOT RETURN TO CAMPUS UNTIL THIS 14 DAY PERIOD IS COMPLETE.		
<b><i>CONTACT YOUR DESIGNATED COVID REPORTING PERSON AT NORTHERN COLLEGE TO PROVIDE AN UPDATE ON YOUR SITUATION AND TO RECEIVE DIRECTION ON YOUR PATHWAY TO RETURN TO CAMPUS. YOU REQUIRE CLEARANCE FROM NORTHERN COLLEGE TO RETURN TO CAMPUS.</i></b>			

Definition of close contact: a *close contact* is anyone who was within 2 metres or 6 feet of an infected person for a certain time frame. This may include, for example, at least 15 minutes during the time of infectivity; and includes an assessment of cumulative time spent together. Whereas passing a person in the hallway is low risk of spreading the virus and is not close contact. Your local Public Health Unit will ultimately provide guidance on whether or not you have been in contact with a *close contact*.