

Subject: Self-isolated students update - Test results negative

Date: March 14, 2020 (9:02 a.m.)

To: Members of the campus community

From: Darren Cherwaty, Director, Health, Safety & Wellness

The University of Regina has been advised that tests for COVID-19 have come back negative in relation to the two students who were self-isolating on campus. The University continues to have no confirmed cases of COVID-19.

The University will continue to follow the advice and direction of the Saskatchewan Health Authority and the Public Health Agency of Canada in all of our containment and contingency planning.

Students, faculty, and staff are encouraged to continue practicing good hygiene and social distancing in order to reduce the risk of infection:

- wash your hands often with soap and water for at least 20 seconds;
- if soap and water is not available, 60-90% alcohol-based hand rubs (hand sanitizer) can be used to clean hands if they are not visibly soiled. If they are visibly soiled, you can use an alcohol-based disposable hand wipe to remove the dirt and then use an alcohol-based hand rub;
- avoid touching your eyes, nose, or mouth with unwashed hands;
- stay home if you are sick;
- avoid close contact with people who may be ill;
- when coughing or sneezing;
 - cover your mouth and nose with the crease of your elbow or tissues to
 - reduce the spread of droplets,
 - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards,
- and avoid visiting people in hospitals or long-term care centres if you are sick.
- In addition, before going to a doctor's office, health clinic, or emergency room, people with respiratory illness should call ahead to describe their symptoms, travel history and any contact they may have had with a sick person.

If you need emergency medical care, call 911; and close physical, social contact such as shaking hands or embracing should be avoided and replaced with slight bows or even elbow bumps.