Returning to Campus COVID-19 e-Training
for Students, Faculty, Staff, Contractors and Visitors

January 28, 2022
Since the early days of COVID-19, the University of Regina ensured a consistent approach for returning to campus that focused on the health, safety, and wellness of our campus community.

Recovery of activities on campus has been carefully analyzed and risk assessments have been completed to ensure the compliance with Public Health Orders and Occupational Health and Safety requirements. This collaborative effort was also achieved through consultation with similar institutions of higher education.

Our goal is to safely foster the University’s learning and work environment in order to reduce the risk of COVID-19, while avoiding further stress and demand on resources.
Returning to Campus

Return of on-campus activities continues to be done gradually to ensure the health and safety of students, faculty, staff and the entire campus community.

1. To prevent the spread of COVID-19, work and learning activities are returning through gradual implementation in the Winter 2022 term and beyond. All health and safety protocols currently in place are evidence-based recommendations by public health and medical experts.

2. It is important for all members of our campus community to understand the hazards, risks and proper controls to protect yourself and those around you from COVID-19.

3. This learning module will help you to be ready for your return to campus and/or when you return to campus to engage in work and learning activities in a safe manner. Any additional requirements will be communicated through your Dean/Director/Manager.
It Starts With You!

The response to a global pandemic will not be static. University activities will need to be flexible as the circumstances and information evolve.

Take some time and consider how this information will change how you learn, work, and live on campus. Your considerations should include:

• How can you do things more safely?
• What do you need to be successful on campus?
• What flexibility does your role on campus have?
• What configuration changes have been made and how will that affect your routine?
• What can you do to reduce the spread of COVID-19?
Purpose of This Training

This training is designed to:

• Help you understand the hazards and risks of COVID-19.

• Provide awareness about COVID-19.

• Provide current safety guidelines for minimizing your exposure.

• Provide instructions on how to choose and wear masks correctly.
COVID-19

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

**Most common symptoms:**
- fever
- cough
- tiredness
- loss of taste or smell.

**Less common symptoms:**
- sore throat
- headache
- aches and pains
- diarrhoea
- a rash on skin, or discoloration of fingers or toes
- red or irritated eyes.

On average it takes 5 to 6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.
If You Start Feeling Unwell At Any Time on Campus

• Call Saskatchewan Health Line at 811 if you are experiencing symptoms of COVID-19, even if symptoms are mild.

• Isolate yourself from others until you can leave campus.

• Notify your Faculty Administrator/Manager or Supervisor/Instructor as soon as possible.

• You must report your illness to Health, Safety & Wellness (Complete the Report an Illness form [here](#)), email health.safety@uregina.ca or call (306) 337-2370 as soon as it is possible for you to do so.

• Please refer to the Government of Saskatchewan's COVID-19 webpage for the most up-to-date information, testing information, vaccine delivery information and risk level in Saskatchewan.

• Call 911 if you require emergency medical care.
The Spread of COVID-19 Requires Three Things:

1. Source of infectious material
2. Means of transmission/exposure
3. Host
The virus can spread from an infected person’s mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Physical distancing maximizes your distance from others. You can do this by avoiding getting physically close to or having direct physical contact with other people.

Physical distancing may be required or recommended in public settings and is advised when in shared spaces with people you don't live with.

Source: https://www.who.int
Means of Transmission/Exposure

The virus may be spread by people with symptoms, as well as those who haven’t yet developed symptoms (pre-symptomatic) or may never develop symptoms (asymptomatic).

Person-to-person transmission occurs mostly via respiratory droplets.

The virus enters a person’s body:

• By large respiratory droplets containing the virus that adhere to mucous membranes of a person’s eyes, nose or mouth, or
• By touching a surface or an object contaminated with the virus and then proceeding to touch one’s eyes, nose or mouth.

Incubation and Transmission

The incubation period ranges from 1 to 14 days. The median is 5 to 6 days between exposure and symptom onset. Most people (97.5%) develop symptoms within 11.5 days of exposure.

Source: Canada.ca
Reducing the Community Spread of COVID-19

Take steps to protect yourself and others:

• COVID-19 is spread person-to-person.

• Vaccinations are currently available and are vital for public health. Consult your local health authority for further information.

• Receive two doses of a Health Canada approved vaccine.

• *Asymptomatic* individuals can spread the virus.

• Practice physical distancing to reduce the risk of being exposed.

*Asymptomatic* individuals can spread the virus so everyone should be considered potentially infected when applying precautionary measures.
Vaccinations

Vaccination continues to be a strong tool in our fight against COVID-19.

By receiving your vaccine:

- Your risk of serious illness will be much lower
- The risk of other people catching the virus from you is lower (though still possible)
- It’s likely you’ll have very good protection against infection, including against most current variants of concern

For information regarding the COVID-19 Vaccine, or availability of vaccination, see the Saskatchewan COVID-19 Vaccine page, or your local health authority. On campus vaccine clinics are available, subject to vaccine availability. Please watch your email for clinic announcements.

All members of the University community (students, staff and faculty) are strongly encouraged to be fully vaccinated if coming to campus. Regardless of your vaccination status, you must continue to follow local public health recommendations and restrictions.
Health and Safety Precautions

Physical distancing reduces the risk of transmission

• Stay home if you are ill or are experiencing any symptoms associated with COVID-19
• Frequently wash your hands with warm water and soap for at least 15 seconds. If water and soap are not readily available, use hand sanitizer with a minimum of 60% alcohol base.
• Avoiding getting physically close to or having direct physical contact with other people.
• Avoid touching your face, mouth, nose, and eyes.
• Follow public health directives.
• Practice good respiratory hygiene (i.e. coughing/sneezing into elbow)

For more information on physical distancing and how to stop the spread of COVID-19, visit the Government of Canada/Covid 19 website here.
Health and Safety Precautions

Use these recommended hand hygiene practices:

- Wash your hands frequently for at least 15-20 seconds, using proper handwashing techniques.
- Avoid touching your face.

Visit www.germsmart.ca to view a video demonstrating proper technique for handwashing with soap and water.
Health and Safety Precautions

Hand Sanitizer

- Use hand-sanitizer (with greater than 60% ethanol or greater than 70% isopropanol) when handwashing isn’t possible.
- It is not a replacement for hand washing.
- It kills germs but does not remove them.

Alcohol based hand-sanitizer is available for purchase from UR Stores.

Visit www.germsmart.ca to view a video demonstrating proper technique using sanitizer.
Health and Safety Precautions

Practice Respiratory Etiquette

- Cough/sneeze into your elbow or cover nose/mouth with a tissue.
- Use disposable tissues and discard after use.
- Use good hand hygiene after having contact with respiratory secretions or using a tissue.

Right
Health and Safety Precautions

Evaluate work/learning spaces for frequently touched items and clean frequently.

- Students, faculty, and staff are responsible for cleaning and disinfecting their own immediate area. This includes personal items such as desks, laptops, computer stations, and other shared items with OxivirTB wipes.
- Custodial Services disinfects frequently touched surfaces in common areas, such as door handles, railings and elevator buttons.

Minimize sharing of items as much as possible. Clean items/workstations between use by different students, faculty and staff.

- E.g. laptops, phones, workstations, pens.
Health and Safety Precautions

• Wearing an appropriate face mask is recommended in enclosed public spaces and when physical distancing is challenging – like an elevator or stairwell.
• If possible, ride the elevator alone or take the stairs.
• High touch surfaces, such as elevator buttons, are disinfected multiple times a day. We all have an individual responsibility to ensure we wash and/or sanitize our hands regularly.
Surface Disinfection

Cleaning and Disinfection

Custodial Services continues to clean and disinfect common touch points of buildings in service.

Custodial Services also cleans commonly touched areas in public spaces which include:

• light switches
• doorknobs
• toilets
• sinks and faucets
• handrails
• elevator buttons
Cleaning vs Disinfection

There is a BIG difference!

**Cleaning**: Removal of dirt, organic matter, dust, etc. from a surface or object. Cleaning works by using soap and water to physically remove dirt from surfaces. This process does not kill germs.

**Disinfection**: Kills germs on surfaces or objects by using chemicals. This process does not necessarily clean dirty surfaces.

It is very important to understand the chemical disinfectant you are using and how to use it properly. A heavily soiled surface may need to be cleaned before being disinfected. A disinfectant requires sufficient contact time to properly disinfect a surface.

Note all directions found on a disinfectant’s label, including the required contact time. Many disinfectants must be applied generously and allowed to air dry.

**OxivirTb wipes** are available at UR Stores and have been approved by the Saskatchewan Health Authority as an **effective disinfectant for COVID-19**.
On Friday, September 17 2021, the Government of Saskatchewan issued an Interim Public Health order which modifies the University of Regina’s existing masking requirements.

Faculty, staff, students, and visitors, including vendors, contractors, and members of the public are required to wear an appropriate face mask on all campuses in indoor public spaces, i.e., upon entering buildings, hallways, lobbies, stairwells, and elevators.
Mask Information

An appropriate face mask:

✓ Fully covers the mouth, nose and chin, a face shield or visor is not an acceptable alternative to wearing an approved mask

✓ Single-use non-medical masks made with at least three layers of tightly woven, breathable material, including an effective filter layer

✓ Single-use medical masks or respirators (KN95, N95, P100) are acceptable

Note: Some people are at higher risk of more severe disease or outcomes if they get COVID-19. If you are at higher risk, it is important to wear a well-fitting medical mask or consider wearing a respirator. Medical masks and respirators are available through UR Stores

✓ Cloth masks may be used over a single-use non-medical or medical mask to improve fit (double masking)

✓ Should fit snugly against the front and sides of the face
Mask Information

MASKS SHOULD NOT:

× Be shared with others

× Impair vision or interfere with tasks

× Be placed on children under 2 years of age

× Be made of plastic or other non-breathable materials or have exhalation valves

× Be secured with tape or other adhesives

× Be made of materials that easily fall apart (e.g. tissues)

× Be placed on anyone unable to remove them without assistance or anyone who has trouble breathing
Mask Information

APPROPRIATE MASKS

NON-APPROPRIATE MASKS
Mask Information

We are all responsible for modelling and encouraging compliance. If you see someone who is not wearing a face mask, remind them that it is required. They may have forgotten and appreciate the reminder. And, if they refuse, please refer them to their supervisor, manager, or other person responsible for the area. It is important to show kindness to those who are unable to wear a mask while keeping in mind that unfounded non-compliance with the requirement to wear a mask may be subject to appropriate action. We are confident however, that awareness and education will suffice to ensure compliance.

Fit is a vital factor in mask choice. While respirators are designed for the most effective fit, sizing is important. Alternatively, double masking by using a cloth mask over top of a single-use disposable mask can provide improved fit compared to a single mask. Ensure the mask or respirator of choice fits snugly against the face, covering the nose and mouth; without any gaps for best protection.

*For faculties and departments that wish to use medical masks or respirators in the workplace, they are available for purchase at UR Stores [foapal required].*
Self-Monitoring

- Students, faculty, and staff should self-monitor daily for COVID-19 symptoms. Notify your Faculty Administrator, Supervisor/Manager, or Instructor if you develop unexplained, new or worsening symptoms.

- If you have symptoms, stay home!

- Consult Saskatchewan HealthLine (811) or your physician if symptoms arise.

- You must report your illness to Health, Safety & Wellness using the Illness Report found on their website here. All information provided is voluntary and is strictly confidential.

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<tr>
<th>Symptoms may include:</th>
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<tbody>
<tr>
<td>• Fever</td>
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<tr>
<td>• Muscle/Joint aches and pain</td>
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<tr>
<td>• Cough</td>
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<tr>
<td>• Altered sense of taste or smell</td>
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<tr>
<td>• Shortness of breath and/or difficulty breathing</td>
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<td>• Dizziness</td>
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<td>• Sore throat</td>
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<tr>
<td>• Nausea/Vomiting</td>
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<td>• Chills</td>
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<td>• Fatigue</td>
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<td>• Headache</td>
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<td>• Diarrhea</td>
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<td>• Nasal congestion</td>
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<tr>
<td>• Loss of appetite (difficulty feeding for children)</td>
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<tr>
<td>• Conjunctivitis</td>
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<td>• Runny nose</td>
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Returning to Campus

Every classroom, lab, theatre, and space that can be occupied on campus will have a Risk Assessment completed.

As Public Health measures may change depending on how our communities manage the virus, safety measures will evolve over time. Stay informed by accessing the University’s website main page for updated guidance.

If you have safety concerns, or need to report an incident, notify Health, Safety & Wellness here.
Mental Wellness

The University of Regina recognizes that during this time of change many may feel uncertainty and fear along with an array of other emotions. There may be concerns that affect your decisions about how to best manage your health and the health of those around you.

In an effort to support you, we have put together a list of coping strategies and support resources to manage stress and anxiety amidst COVID-19.

For Mental Wellness supports, visit the Mental Wellness Hub here or contact the Mental Health Advisor, Rob McCaffrey at (306) 585-5248.
Thank you for completing this training. We are all in this together!

Do your part in keeping yourself and those around you safe and healthy!