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

September 2021
During the COVID-19 pandemic, our priority continues to be the health, safety, and wellness of our campus community.

Return of activities on campus has been carefully analyzed with a risk assessment 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 continue to foster a safe learning and working environment for the University of Regina faculty, staff and students 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 has be done gradually to ensure the health and safety of students, faculty, staff and entire campus community.

1. To prevent the spread of COVID-19, work and learning activities are returning for a transitional Fall 2021 term with health and safety protocols in place.

2. For all members of the campus community, it is important to understand the hazards, risks and proper controls in order to protect yourself and those around you from COVID-19.

3. Completing this learning module will provide information and offer assistance for a safe return to campus. Updates will be provided by your Dean, Director and/or Manager and sent via deans and directors email distribution list.
The response to a global pandemic will not be static. The University of Regina and day to day operation will need to be flexible as 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 is a respiratory illness spread from person-to-person. Individuals can have a mild, moderate, or severe illness resulting from the COVID-19 infection.

• COVID-19 is considered a global pandemic with community spread.

Symptoms may include:

| • Fever       | • Muscle/Joint aches and pain |
| • Cough       | • Altered sense of taste or smell |
| • Shortness of breath and/or difficulty breathing | • Dizziness |
| • Sore throat | • Nausea/Vomiting |
| • Chills      | • Fatigue |
| • Headache    | • Diarrhea |
| • Nasal congestion | • Loss of appetite (difficulty feeding for children) |
| • Conjunctivitis | • Runny nose |
If You Feeling Unwell While on Campus

• Call Saskatchewan Health Line at 811 if you are experiencing symptoms of COVID-19, even if those symptoms are mild. If you are unsure when to get tested for COVID-19 you can call 811 or use the online COVID-19 Self Assessment Tool. Saskatchewan has adopted universal testing, anyone experiencing symptoms should get tested immediately.

• Isolate yourself from others until you can leave campus.

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

• Contact Health, Safety & Wellness (HSW) to report your illness.
  PH: 306-337-2370
  Email: health.safety@uregina.ca
  Complete: Report an Illness on the HSW website.
  All information provided is voluntary and kept strictly confidential.

• Call 911 if you require emergency medical care.

Remember, doing your part means not coming to campus if you are ill
The Spread of COVID-19 Requires Three Things:

1. Source of infectious material
2. Means of transmission/exposure
3. Host
The COVID-19 virus can survive on surfaces for several hours to even days depending on several factors. This may vary under different conditions such as surface type, relative temperature or humidity of the environment.

The virus can be easily inactivated on surfaces by using simple disinfectants such as store-bought disinfectants and, alternatively, diluted bleach solution. UR Stores has OxivirTB wipes available which are an effective disinfectant for COVID-19.

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

Symptoms of COVID-19 may not appear until up to 14 days after exposure to COVID-19. For this reason it is important to monitor your health daily, and consult Saskatchewan HealthLine (811) or your physician if symptoms arise, and follow public health advice after being notified of an exposure.

In the absence of infection prevention and control precautions, including the consistent and appropriate use of personal protective equipment:

• Any person who is in close contact (<2 metres) with a COVID-19 individual experiencing symptoms, even mild, is at risk of being exposed to potentially infective respiratory droplets.
• A person who is in direct physical contact (e.g. kissing, touching skin/hands) with an individual with COVID-19 is at risk of infection.
• A person who has contact with an object that can serve as a vehicle for transmission of COVID-19 is at risk of infection.

Reducing the Spread of COVID-19 in your Community

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 more information. ([Saskatchewan Health Authority](https://www.saskhealth.ca))

- *Asymptomatic* individuals can spread the virus.

- Practice physical distancing and wear a mask to reduce the risk of exposure.

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

Vaccination is 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 is likely you will have very good protection against infection, including the most current variants.

For information regarding the COVID-19 Vaccine, or availability of vaccination, see the Saskatchewan COVID-19 Vaccine page, or your local health authority.

On August 13, the University of Regina announced that faculty, staff and students area required to be fully vaccinated effective October 1, 2021. Those who are not fully vaccinated will be required to undergo regular, rapid antigen testing.

Regardless of your vaccination status, you must continue to follow local public health recommendations and restrictions.
Health and Safety Precautions

Physical (social) distancing reduces the risk of transmission

- Minimize contact within 6 feet (2 metres) from others
- Use communication tools such as phone, email, and web meetings (Zoom) as much as possible (including within the same building or floor)
- In-Person meetings (face-to-face) should be minimized, where possible, in favour of virtual meetings (video/phone). For in-person meetings, all rooms have a reduced capacity of 50% to allow for physical distancing and attendees must follow the UofR In-Person Meeting/Event Guidelines provided here.
- Avoid large gatherings.
- Avoid shaking hands/physical contact.

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](http://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.
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 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

Buildings and spaces around campus will have important signage that will require your attention. These signs may range from reminders of proper precautions in an area, or maximum occupancy of enclosed spaces.

Please be mindful of these changes.
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.
Mask Information

Faculty, staff, students and visitors, including vendors and contractors are required to wear face masks in all shared spaces on campus. See the ‘Masks’ tab of the term-updates page.

Anyone on campus must wear a mask. anywhere and at any time, including work spaces, even if not formally required in the guidelines.

Health Canada has created a short educational video to help the public learn how to properly wear a non-medical mask or face covering. Click the video to the right to watch.

Cloth masks are not personal protective equipment appropriate to protect you from airborne contaminants. They are, however, effective in reducing how often you touch your nose or mouth, and help contain droplets and particles when you breathe, talk, cough or sneeze.
Cloth Masks

An appropriate face mask or covering:

A disposable or reusable mask or other face covering that covers the mouth, nose and chin ensuring a barrier that limits the transmission of infectious respiratory droplets. All face coverings, whether disposable or reusable, must be made with at least two layers of tightly woven, breathable material; fully cover the nose and mouth and secure under the chin; fit snugly but comfortably against the side of the face; and be secured with ties or ear loops, allowing one to remain hands-free.

Masks fit people differently depending on their face shape, choose a mask that fits snugly and does not require adjustment/touching.
A cloth mask is intended to trap droplets that are released when the wearer talks, coughs or sneezes. Asking everyone to wear cloth masks can help reduce the spread of the virus by people who have COVID-19 but don't realize it.

Cloth face coverings are most likely to reduce the spread of the COVID-19 virus when they are widely used by people in public settings. Countries that required face masks, testing, isolation and social distancing early in the pandemic have effectively slowed the spread of the virus.
Cloth Masks

Cloth Masks Should:

• Fit snugly but comfortably against face.
• Be secured with ties or ear loops.
• Preferably include multiple layers of fabric (2+).
• Allow for breathing without restriction.
• Be able to be laundered and machine dried on high.
Care and cleaning instructions for cloth masks

• Do not touch eyes, nose, or mouth when removing cloth masks.

• Masks should be changed when saturated from condensation, are wet, or after an event that may cause contamination.

• Cloth masks should be routinely washed in a washing machine.

• Wash hands with soap and water or apply hand sanitizer before and after removing cloth masks.
COVID Alert: Canada’s COVID-19 Exposure Notification App

The COVID Alert app is designed to let Canadians know whether they may have been exposed to COVID-19.

How the app works
1. The app uses Bluetooth signals to exchange random codes with nearby phones with the app installed.
2. If someone you’ve come in close contact with later tests positive for COVID-19, they will receive a one-time key from their local health authority that they enter into the app.
3. You and others who have spent time (more than 15 minutes, less than 2 metres apart, over the past 14 days) near this person will be notified through the app that you may have been exposed.

For more information, visit the Public Health Agency of Canada.
Returning to Campus

Every academic and non-academic space that can be occupied on campus has had 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 Support resources, click here.
Emergency Services and Campus Security

The nature of work, study, and research has been altered due to physical and social distancing, as well as working and learning remotely. Low density strategies may increase the prevalence of working or studying alone, which carries risk.

In case of fire, medical, or other life-threatening emergencies first call 911.
• Notify Campus Security (306-585-4999) of all emergencies on campus

Campus Security is available 24 hours a day, 365 days a year with numerous programs and supports on campus.
• For more information on programs such as the Walk A Long program (safe walk to your vehicle or anywhere on campus or surrounding area) or Lone Worker program (support personal safety while working or studying alone) visit the Campus Security website or call 306-585-4999.
• Learn how to participate in and have access to the University of Regina’s Emergency Notification System (ENS)
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!