

The University of Regina, in consultation with the Saskatchewan Health Authority, has made arrangements for two of its student residents to self-isolate. The students are experiencing flu-like symptoms, so this is a precautionary move in accordance with the plans and protocols we have in place to manage the threat of COVID-19. Self-isolation is not unusual as a number of people in the province have self-isolated as part of a routine response to reporting flu-like symptoms or potential exposure based on travel history.

It is important to note that these are not confirmed cases of COVID-19. Test results are pending.

It is critical that our campus community remains calm. As we have communicated extensively, the University is following the advice of the Saskatchewan Health Authority and the Public Health Agency of Canada in all of our containment and contingency planning. Our focus is on the health and safety of our students, faculty and staff as we work to limit exposure to, and transmission of, COVID-19.

The best thing our students, faculty, and staff can do right now is to practice 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.

For more information on the University of Regina's contingency planning around COVID-19, please see our website at: <https://www.uregina.ca/hr/hsw/Coronavirus/index.html>

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