

QUICK TIPS: MAINTAINING CAMPUS SAFETY

COVID-19 RESOURCE FOR EMPLOYEES AND STUDENTS

Overview

Centennial College has put together this reference guide for maintaining health and safety on campus. Our Quick Tips guide has been designed as a supplemental tool for the College community, and includes important reminders when on campus, College resources and students supports, and key emergency contacts. Next steps for those who are exposed to COVID-19, have symptoms, and/or have COVID-19 are also outlined. This resource will continue to be updated with the latest public health information. Keep reading to learn more!



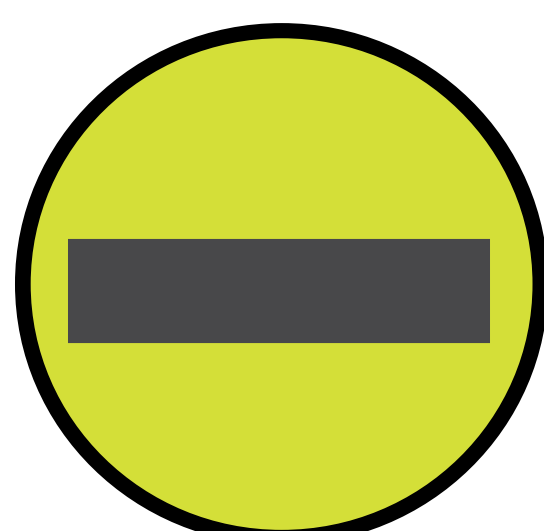
Important Reminders

- Health and Safety is a shared responsibility and everyone has a role to play in keeping our College community safe.



- Communicate any concerns or unanticipated scenarios to your Chair, Dean or Manager.

- Do not reveal personal/confidential or health-related information about anyone. The College must protect the privacy of the entire College community during these unprecedented times.



- Do not make the assumption that all those who may be feeling ill have COVID-19.

COVID-19 SELF-ASSESSMENT & GUIDANCE

As many of Ontario's public health and workplace safety measures have been lifted, Centennial College remains committed to maintaining a safe environment.

The College has deployed an [on-line self-assessment](#) and reporting tool to support in the guidance and health assessment process.



COVID-19 SELF ASSESSMENT

By completing the self-assessment and reporting form, Centennial College will receive a record of the COVID-19 concern you are facing and help provide you with the latest public health guidance.

The information collected is used to decide on whether there is an identified on-campus risk and, if necessary, used for contact tracing initiatives related to the COVID-19 pandemic.

PLEASE REMEMBER TO...



PHYSICAL DISTANCING

Physical distancing is no longer required, however, we must ensure community members respect and support each others comfortability as we return to campus.

PRACTICE HAND HYGIENE

Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.



WEAR A MASK

Even in the absence of regulations requiring their use, masking continues to be mandatory while on campus, as part of our community's response to the pandemic. Wearing a well-fitted, high quality mask is an important measure we can still use to protect ourselves and one another.

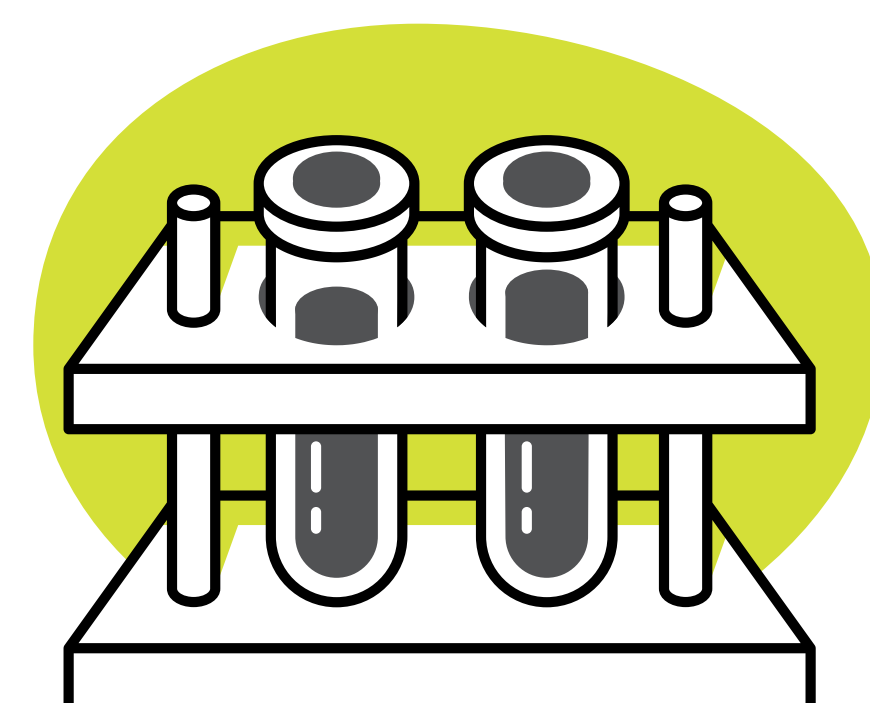
What should I do if I am a Close Contact of someone who has COVID-19?

Household Member of Someone with COVID-19

If you are a household member of someone with COVID-19, you are considered a close contact and you may need to self-isolate.

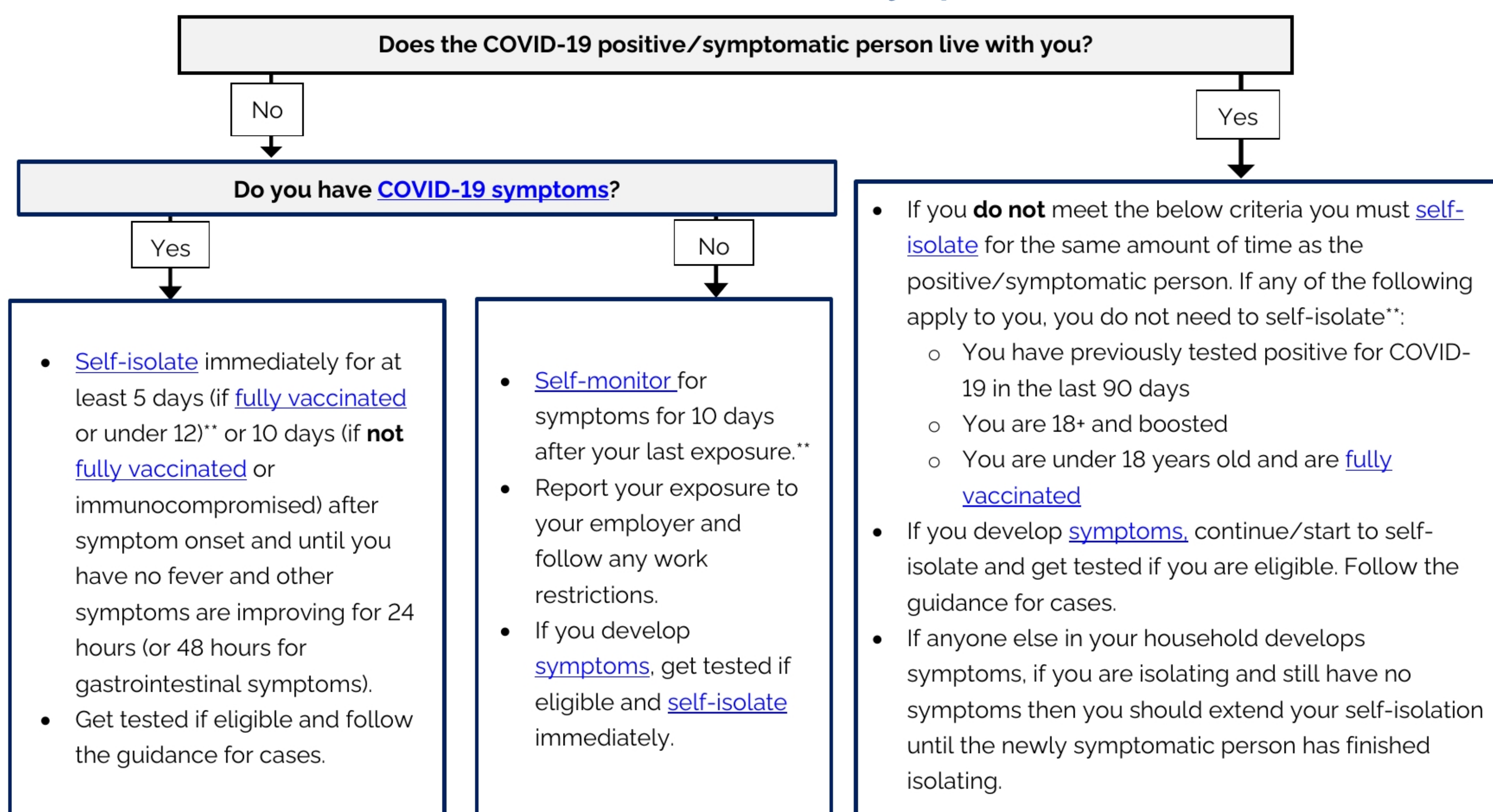
Close Contact of Someone Outside of Your Household

If you are a non-household contact of someone with COVID-19 (i.e. you do not live with them), you do not need to self-isolate unless you develop symptoms of COVID-19.



Ontario 

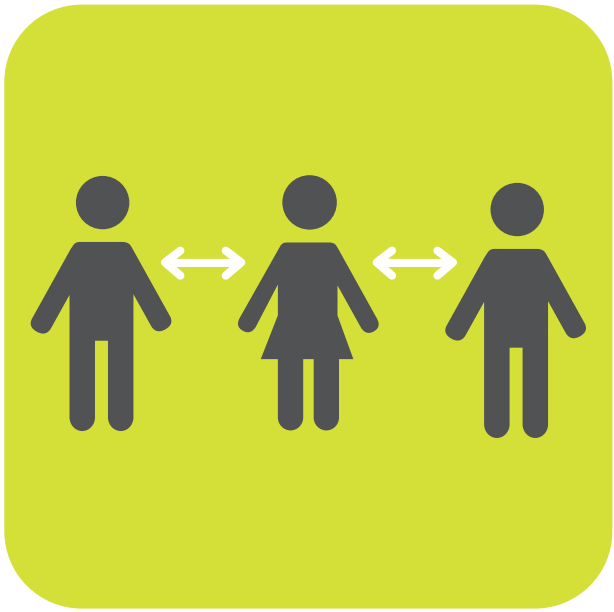
You've been identified as a close contact of someone who has tested positive for COVID-19 or someone with COVID-19 symptoms. Now what?



Wear a well-fitted mask in public, physical distance and maintain other public health measures for 10 days following your last exposure if leaving home. You should **NOT visit or attend work in any highest risk settings and not visit individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days after your last exposure.

Source: COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance: Omicron Surge
https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts_omicron.pdf

What should I do if I have COVID-19 symptoms?



If you have **ONE** or more of the following symptoms (new or worsening), it is highly likely you have COVID-19.

- Fever > 37.8° C and/or chills
- Cough
- Trouble breathing
- Decrease or loss of smell or taste

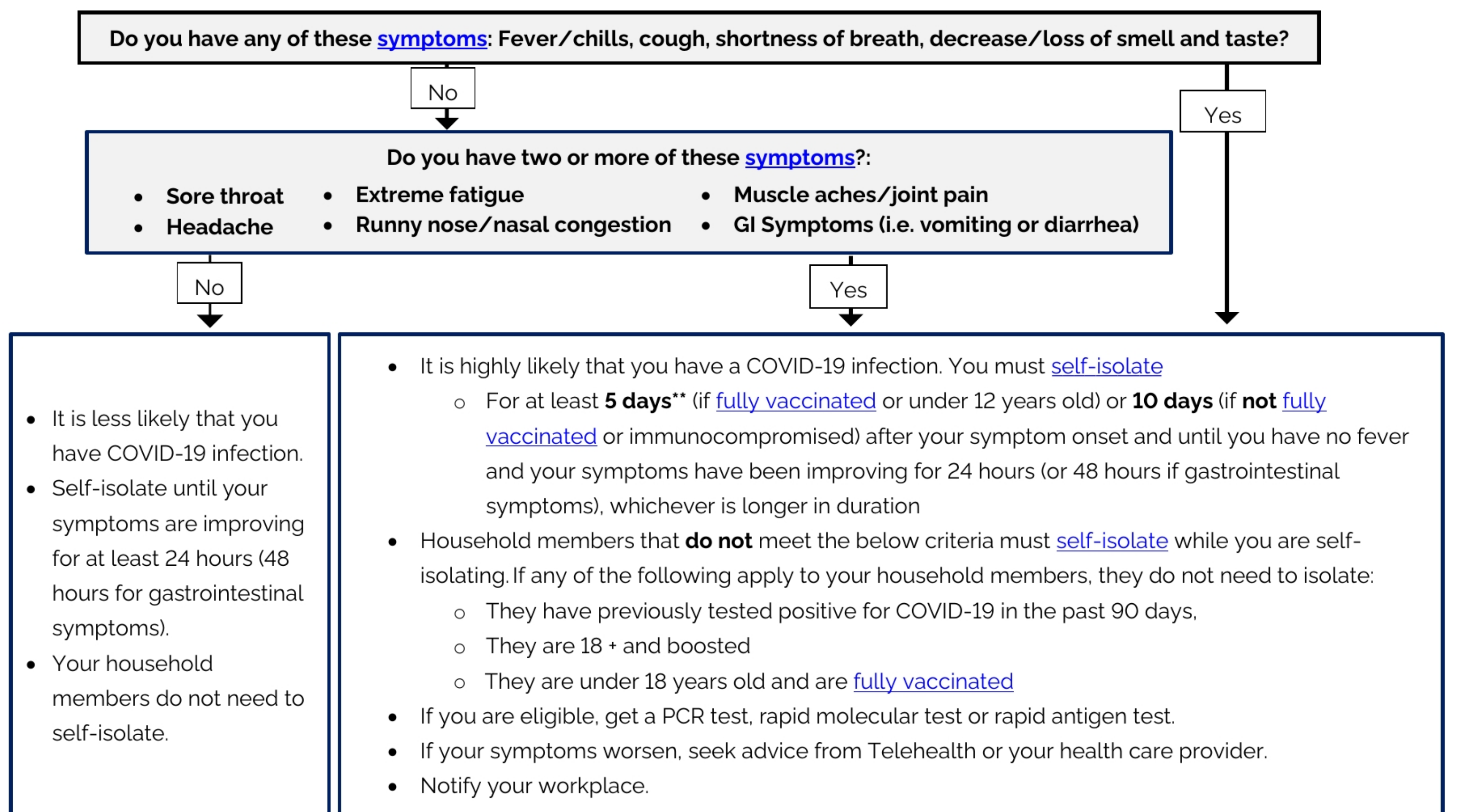
If you have **TWO** or more of the following symptoms, it is highly likely you have COVID-19.

- Runny nose or nasal congestion
- Headache
- Extreme fatigue or tiredness
- Sore throat
- Muscle aches or joint pain
- Gastrointestinal symptoms

If you **ONLY** have one of the symptoms in the list above, you should self-isolate (stay home) until your symptoms are improving for at least 24 hours. If you have nausea, vomiting, diarrhea, or abdominal pain you must wait 48 hours once your symptoms are improving before ending self-isolation. Your household members are not required to self-isolate.



You have symptoms and are concerned you may have COVID-19. Now what?



Note: Symptoms should not be related to any other known causes or conditions. See the [COVID-19 Reference Document for Symptoms](#) for more information.

**For 10 days after symptom onset (or 20 days for immunocompromised individuals): maintain masking in public setting, do not visit or work in any highest risk setting, do not visit vulnerable individuals (e.g. immunocompromised individuals or seniors).

Source: COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance: Omicron Surge



https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts_omicron.pdf

What should I do if I have COVID-19?

Self-Isolate

If you test positive for COVID-19, or are considered likely to have COVID-19 based on your symptoms, you must self-isolate immediately from the day your symptoms started or the day of your test (if you have no symptoms).

To find out how long you need to self-isolate, review the table below:

| Population | Isolation Period |
|--|---|
| <ul style="list-style-type: none">Fully vaccinated  individuals (e.g. 2 or more doses)Children 11 years of age or younger | 5 Days after symptom onset or positive test date, whichever happened first |
| <ul style="list-style-type: none">Individuals 12+ who are NOT fully vaccinated Individuals with a weak immune system (immunocompromised)*Hospitalized for COVID-19 related illness (not in ICU) or residing in other high-risk settings (e.g. long-term care home, or congregate setting) | 10 Days after symptom onset or positive test date, whichever happened first |
| <ul style="list-style-type: none">Severe illness (requiring ICU-Level of care) | 20 Days after symptom onset or positive test date, whichever happened first |



To safely self-isolate, you should:

- Stay home (a separate room from others) as much as possible
- Wear a well-fitted mask when leaving your room
- Maintain a distance of 2 metres when outside your room
- Use a separate bathroom if possible; if using a shared space, use it at a separate time and clean any high-touch surfaces after use
- Do not eat meals with others in the same area of your home
- Do not share a bed

You must remain in isolation until you have no fever and your symptoms are getting better for at least 24 hours (48 hours if you have gastrointestinal symptoms such as vomiting or diarrhea).

What should I do when I am ready to return to class/work?



- You do not need a test to show you have recovered from COVID-19 or to end your isolation. Re-testing is not recommended because you may still test positive for several weeks even though you are no longer able to spread the virus.
- A negative test, doctor’s note, or clearance letter is not a recommended requirement for you to return to work and Toronto Public Health does not provide return-to-work letters.
- In general, you are no longer infectious and can return to work, school, and your everyday activities when you finish your self-isolation period, as long as you have no fever and your symptoms have been improving for at least 24 hours (48 hours if you have gastrointestinal symptoms such as vomiting or diarrhea).



College Resources and Student Supports



Centre for Accessible Learning and Counselling Services:

- Website: <https://www.centennialcollege.ca/calcs>
- Online Appointment Booking: <https://centennialcollege.inputhealth.com/>
- Telephone: 416/289-5000 ext. 3850
- Email: calcs@centennialcollege.ca

Student Experience Office:

- Website: <https://www.centennialcollege.ca/student-life/student-services/student-experience-office/>
- Telephone: 416-289-5000 ext. 2499
- Email: studentexperience@centennialcollege.ca

Centennial College International Education:

- Website: <https://www.centennialcollege.ca/international-education/services-and-global-experience-sage/international-student-advising-services/>
- Telephone: 416-289-5000 ext. 54933
- Email: sage@centennialcollege.ca

24 Hours:

- Good2Talk Helpline: 1-866-925-5454
- International Student Helpline / Online Supports: 1-844-451-9700 (<https://myssp.app/keepmesafe/ca/home>)
- Domestic Student Helpline / Online Supports: 1-877-390-7325



Additional Contact Resources

- **Human Resources COVID-19 Hotline:**
 - covid19@centennialcollege.ca | 416-289-5226
- **Mark Richard, Manager, Safety Health and Wellness**
 - mrichard@centennialcollege.ca | Ext: 7166
- **Marc Buzzeo, Manager, Emergency Management and Public Safety**
 - mbuzzeo@centennialcollege.ca | Ext. 7005
- **Emergency Operations Centre:**
 - EOC@centennialcollege.ca
- **Emergency Contact Information:**
 - Police | Fire | Ambulance - 911
 - Campus Security Emergency Extension: 2020
 - Emergency Help Line: 416-439-4357 (HELP) | Emergency Phones (yellow phones) located in the interior and exterior of the campus | The Campus Safety Watch App