COVID-19 Infection Prevention and Control Awareness
Our Commitment

• The University of Guelph is committed to the protection of the health, safety and well-being of all its Faculty, Staff, Students and Community Members that attend our campuses and research stations. We strive to promote a strong culture of safety that facilitates the awareness of risk and prevention of illness and injury.

• How U of G is Preparing for Your Safe Return

Training Objectives


2. Outline infection prevention guidelines to prevent transmission of COVID-19 at the University.

3. Review health and safety measures in place at the University.

4. Explain the actions and expectations required of all individuals to stay safe.
What is COVID-19?

COVID-19 is an infectious disease caused by SARS-CoV-2, the coronavirus that first emerged in December 2019.

Infection Prevention and Control Canada Coronavirus (COVID-19) SARS-CoV-2
How Does COVID-19 Spread?

Transmission of COVID-19 depends on many factors.

• **COVID-19: Main Modes of Transmission**

• **What We Know So Far: COVID-19 Transmission Through Large Respiratory Droplets and Aerosols** ([publichealthontario.ca](http://publichealthontario.ca))

• COVID-19 is spread through respiratory droplets and aerosols that are released when an infected individual is talking, sneezing, coughing, or breathing.

• It is unclear how easily the virus might spread when a person touches another person (i.e., handshake) or a surface or object that has the virus on it, and then touches their mouth, nose or eyes with unwashed hands.

• The relative infectiousness of droplets of difference sizes is not clear. Infected droplets come into direct contact with the mucous membranes of another person’s nose, mouth, or eyes, or they may be inhaled into their nose, mouth, airway and lungs.

• Droplets vary in size, from large droplets that fall to the ground rapidly near the infected person, to smaller droplets, called aerosols, which linger in the air for longer periods of time (typically hours), especially in indoor spaces.

• COVID-19 can be spread by infected individuals who have mild symptoms, or who have not yet (pre-symptomatic) or who may never develop symptoms (asymptomatic).
COVID-19 Symptoms

Those who are infected with COVID-19 may have mild or no symptoms.

Most common symptoms may include:

- Fever (temperature of 37.8°C or higher)
- Cough or barking cough (croup)
- Shortness of breath or difficulty breathing
- Decrease or loss of smell or taste
- Muscle aches / joint pain
- Extreme tiredness

Variants of Concern (VOCs)

• Variants are viruses that have changed or mutated.

• Variants are common with coronaviruses; however, a variant becomes a VOC when its changes have a clinical or public health significance that affects one or more of the following:
  ➢ Spread
  ➢ Severity of disease
  ➢ Vaccine effectiveness
  ➢ Diagnostic testing

• The Public Health Agency of Canada, in collaboration with provincial and territorial public health authorities established the Canadian SARS-CoV-2 Variant Surveillance Group (CSVSG) to monitor and assess the impact of variants on efficacy of vaccines, therapeutics, and diagnostics.
  ➢ SARS-CoV-2 variants: National definitions
  ➢ COVID-19 Variants of Concern (VOCs)
How to Prevent COVID-19 Infection: Swiss Cheese Model

- Like a Swiss cheese slice with holes, a single layer of control measure is not 100% effective at preventing COVID-19 transmission.
- Therefore, multiple layers of measures are needed to keep the University community safe.
- **Vaccines are regarded as one of the most effective measures for addressing COVID-19.**
- **Layers of Safety: Reason’s Swiss Cheese Model**
COVID-19 Vaccines
Health Canada: How COVID-19 Vaccines were Developed

[Video Transcript]
How COVID-19 mRNA Vaccines Work

1. The mRNA vaccine (either Pfizer or Moderna) is based on SARS-CoV-2’s genetic code – or RNA – a molecule that puts DNA instructions into action.

2. When a person is injected with the vaccine, it enters the cells, telling them to produce the coronavirus proteins.

3. This causes the immune system to produce antibodies to activate T-cells ready to destroy infected cells. T-cells stimulate cells to develop antibodies and kill cells that have already been infected by a foreign invader.

4. If a person gets exposed to COVID-19, antibodies and T-cells are automatically triggered to fight off the virus.

* It takes roughly 2 weeks for the body’s immune system to respond to the vaccine *

For a video on how COVID-19 mRNA vaccines work: How do COVID-19 mRNA vaccines work?
A COVID-19 vaccine can cause mild side effects such as:

- Fatigue
- Chills
- Pain at injection site
- Muscle pain
- Headache

- Most side effects occur within the first three days after vaccination and typically, last one to two days.
- A reaction is an indication that the body is prepared to fight against what it thinks is a foreign invader.
- For more information on side effects and how to manage them please go to: Wellington Dufferin Guelph Public Health Vaccine FAQs
Benefits of Getting the COVID-19 Vaccine

- Reduces the risk from getting COVID-19 and greatly reduces the risk of becoming seriously ill (or dying) from COVID-19
- Reduces the risk of spreading COVID-19 to others
- Increases community protection- making it harder for the disease to spread, contributing to herd immunity
- Helps prevent the COVID-19 virus from spreading, replicating, and mutating
  - COVID-19: Effectiveness and benefits of vaccination
  - COVID-19 vaccines: Get the facts
    - U of G COVID-19 Vaccination Policy

The University encourages all those eligible to get their 3rd vaccine dose.
Infection Control and Surveillance Measures

- Vaccination mandate/policy
- Rapid Testing
- Completing daily screening tool
- Physical distancing
- Use of masks and other PPE
- Hand hygiene
- Practicing respiratory etiquette
- Engineered controls (barriers, ventilation)
- Cleaning and disinfection
- Wastewater testing

- This means making changes in everyday routines to minimize the risk of exposure to the virus

Along with infection control measures implemented by the University:

- All departments and units planning to return staff to Campus have been tasked with developing and implementing plans for the safe return to Campus including all COVID-19 prevention and control measures that have been put in place.
- If you have any questions with respect to measures adopted in your area, please inquire with your Supervisor, Instructor, Chair or Department Head.
- For more information see the COVID-19 Planning Page
Vaccination Mandate

Faculty, staff and students who intend to access University buildings at both the Guelph and Ridgetown campuses and all University managed facilities, including those at research stations must be vaccinated against COVID-19 or have an approved exemption. Proof of vaccination is required.

**U of G COVID-19 Vaccination Policy**

The University encourages all those eligible to get their 3rd vaccine dose.

- Exemptions are granted only on medical or other grounds protected under the Ontario Human Rights Code.

- To request a medical exemption or an exemption under the Ontario Human Rights Code, complete and submit either the [Medical Statement-Mandatory Vaccination Exemption](#) or the [Statement of Creed/Religious Belief](#) form. For further information please refer to the FAQs on [Exemptions and Non-Compliance](#).

- Those with an approved exemption must complete frequent COVID-19 testing (minimum twice per week) and provide verification of [The University Rapid Testing Program](#).

- Those submitting a vaccination exemption request form cannot access University buildings and managed facilities until they have an approved exemption.
Vaccination Mandate (cont’d)

- Proof of vaccination must be submitted via the [University of Guelph Vaccination Proof or Exemption System](http://example.com)

- Before accessing the system, ensure you have an image or PDF of your vaccination receipts or a completed vaccination exemption request form.

- Those vaccinated in Ontario may [download the vaccination receipt](http://example.com) from the Government of Ontario website.

- Those vaccinated outside of Ontario must upload English documentation with the dates the vaccines were administered, the country/location in which the vaccine was administered, and the name(s) of the vaccine administered. Translation of documents must be completed by a certified translator.

- Reference [U of G Proof of Vaccination and Exempt Request](http://example.com) website
Vaccination Mandate (cont’d)

- All visitors (includes contractors, volunteers, consultants etc.) over the age of 12 must comply with all COVID-19 health and safety guidelines, including vaccination requirements.

- Refer to Gryphon Athletics Proof of COVID-19 Vaccination Details for information regarding specific requirements for accessing Athletics facilities.

- Following direction from the provincial government, visitors are permitted to access University buildings and managed facilities provided they attest to their vaccination status through the U of G COVID Daily Screening Form, which they must complete daily prior to attending University buildings or managed facilities. The U of G form directs the user to the Ontario COVID-19 Screening form.

- Colleges, departments and units who host visitors for essential reasons are responsible for ensuring all visitors understand and comply with all COVID-19 health and safety guidelines and requirements.

- Reference: COVID-19 Vaccination FAQs
Access and Education on Vaccines

- Access to COVID-19 vaccinations will continue this winter for students, faculty and staff through Student Wellness.

- The University will continue to facilitate vaccinations for international students.

- The #GryphonsGetVaccinated campaign provides accurate info, dispels myths and helps our community feel confident in getting vaccinated.

- Reference: [COVID-19 Vaccination FAQs](https://example.com/COVID-19-Vaccination-FAQs)
Rapid Testing

- In support of the University of Guelph’s COVID-19 vaccination mandate, those with an approved exemption are required to participate in frequent rapid antigen testing (minimum twice per week) and provide verification of a negative test in order to access University buildings or University-managed facilities.
  - All these rapid-test results must be reported through the U of G Rapid Test submission tool.

- The rapid antigen test is a screening mechanism to detect the presence of the virus that causes COVID-19 in individuals who are not displaying symptoms.

- The Council of Ontario Medical Officers of Health has advised that rapid antigen testing cannot be used as an alternative to vaccination.

- Refer to the University Rapid Testing Program for further information.

- The University has also provided rapid antigen tests to respond to potential high-risk exposures in specific settings that have been assessed as high-risk.
Rapid Testing (cont’d)

If you receive a presumed positive result from a rapid test, **DO NOT** come to U of G facilities. Isolate yourself from others.

- If you have been on campus in the last 2 days, contact the COVID Call Centre by calling 519-824-4120 Ext. 53906 or covid.calls@uoguelph.ca for further guidance.

- Complete and submit the University Employee Self [Employee Self Declaration Form](#) or [Student Self Declaration Form](#)

- Refer to the "[What to do when you're sick or have been exposed](#)" webpage for more information.

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**COVID-19 Assessment & Testing Clinic**

By appointment only. Mon. - Thurs. from 9am - 4pm
J.T. Powell Building, University of Guelph
If you are coming to campus, or another University site, you must complete the University of Guelph COVID-19 Screening Form BEFORE you arrive. Please follow the direction provided.

Once completed you will receive an automated email confirming the results of your screening.

We all have a role to play in helping protect our community and reducing the spread of COVID-19.

Learn more at: Return to Campuses Practices

University of Guelph COVID-19 Daily Screening Form
A Reminder for All

- If you are ill, have symptoms or think you have been exposed to COVID-19 complete the Ontario Health Online Self-Assessment and follow the directions given.
- Student Wellness continues to provide PCR testing to eligible faculty and staff.
- Testing is by appointment by calling 519-824-4120 Ext. 52131.

If the U of G screening form/Ontario Self-Assessment tool or Public Health instructs you to self-isolate, DO NOT COME TO CAMPUS and:

Complete and submit the University Employee Self Employee Self Declaration Form or Student Self Declaration Form

- If you are an employee, inform your supervisor of your absence.

- If you are a student inform your advisor/course instructor and contact the U of G COVID-19 Call Centre at (519) 824-4120 Ext. 53906.

- If you become sick while on campus/at work, STOP what you are doing, isolate yourself from others. Make sure you’re wearing a face covering and wash your hands. Go home as soon as possible. Avoid public transit and take measures to protect others around you.
Returning to a University Facility AFTER a COVID-19 Related Absence

- Faculty and Staff please refer to the [OHW COVID-19 Return to Work Process](#).

- Students returning to a U of G facility after a COVID-19 related absence are to follow the direction of Public Health and their physician. Students may contact the U of G COVID-19 Call Center at (519) 824-4120 x 53906 or [covid.calls@uoguelph.ca](mailto:covid.calls@uoguelph.ca) for more information.
Physical distancing signs have been posted throughout the University to help everyone maintain distance based on Public Health guidelines, clarify traffic flow and indicate room capacities. Guidelines are available for maintaining distance and staying safe in labs, study spaces and workspaces.
Physical Distancing Measures

The University including individual units have taken measures to plan for spaces that reinforce safe practices and physical distancing.

This includes:

- Alternate work schedules to limit the number of faculty and staff in a space. For example:
  - Alternate office days with “work from home” days, wherever feasible
  - Staggered start/end times

- Phased increasing of research activities including approval process.

- Staggered relief periods and meal breaks, as necessary.

- Limited maximum occupancy rates for spaces.

- Reference [COVID-19 Information for Faculty & Staff](#) and [COVID-19 Information for Students](#)
Physical Distancing Measures (cont'd)

- Assessment and reconfiguration of common spaces, learning spaces, workspaces and workstations to promote safety measures and physical distancing.
- Posted signs, posters and/or decals.

Signage includes:
Use of Masks

Medical-style masks must be worn at U of G locations. Masks must fit tightly to the face without gaping and completely cover the nose, mouth and chin.

All those on University of Guelph campuses and workplaces are required to wear a medical-style mask when indoors. They must also be worn outdoors when maintaining 2-metre (6 feet) physical distance from others is not possible.

Masks may be removed in certain circumstances such as:
• Working alone in a private office with the door closed (others are not present).
• Eating or drinking while maintaining 2 metres of distance.
• While exercising in designated areas of Athletics Center.
Wearing a Mask

- Neck gaiters, scarves, bandanas, clear plastic mouth shields, masks with exhalation valves and cloth masks are NOT acceptable.

- Medical style masks can prevent the spread of COVID-19 and provide protection to the wearer when fit tightly to the face without gaping and completely covering the nose, mouth and chin.

- Wearing a mask should not be a substitute for physical distancing or proper hand hygiene.

- Even if wearing a mask, DO NOT attend work / campus if you are sick. Stay home.

- Refer to EHS Guidelines on the Use of Medical Masks

All Masks should:

- completely cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head
- fit comfortably to avoid frequent adjustments
Medical masks and the use of eye protection (face shield or goggles) is required for those that must work in close contact, within less than 2 metres of others.

Eye protection will be made available to those who must work in close contact contact, within less than 2 metres of others

Eye protection is not recommended for use by drivers in vehicles as it could pose a further safety hazard. Travelling alone should be prioritized. If travel alone is not possible, physical distancing should be prioritized and eye protection (faceshields or safety goggles) must be worn by passengers.

Reference: EHS COVID-19: [Working in Close Contact (Less than 2m of Others)](https://www.example.com/working-in-close-contact)
Masks have limitations and need to be used appropriately and safely by following the precautions below:

- Check the mask for damage. If damaged, discard.
- Wash hands immediately before putting it on and immediately after taking it off (in addition to practicing good hand hygiene while wearing it).
- Open mask fully to cover your nose and mouth. Mask should rest below your chin.
- Make sure the mask fits snugly but comfortably against the side of the face.
- Do not touch your eyes, nose and mouth when removing your mask.
- Avoid touching the mask while using it or when removing.
- Remove by grasping the ear loops or ties.
- Remove your mask if it becomes wet, torn, dirty or damaged.
- Disposable masks should be disposed of in a lined waste basket.
Who Should Not Use a Mask?

Masks are not recommended for:
- Peoples who live with illnesses or disabilities that make it difficult to put on or take off a mask without assistance
- Those who have difficulty breathing
- Government of Canada About Masks

If you have a medical condition that impacts your ability to wear a mask, please contact:

- For employees: Occupational Health and Wellness at ohw@uoguelph.ca and notify your supervisor.
- For students: Student Wellness at 519-824-4120 Ext. 52131 and notify your Advisor / Instructor.
Use of Fit-tested N95 Respirators

- Continue to use N95 respirators that have been fit-tested or other PPE previously approved by Environmental Health and Safety (EHS) and required for performing your work safely.

- For example, lab workers grinding medicated feed or agricultural workers handling treated seed.

- The users of respirators are subjected to requirements of the Respiratory Protection Program, fit testing, and training.
Face Shields

- According to Public Health sources, face shields do not provide full coverage of the mouth, nose and chin, so do not contain respiratory droplets like a mask.

- The Centers for Disease Control (CDC) does not currently recommend use of face shields as a substitute for a mask.

- Face shields are not recommended for use by drivers in vehicles.

- Face shields must cover the forehead, extend below the chin and wrap around the side of the face.

- If the job task requires CSA-approved safety glasses a face shield that is not CSA-approved must not be used as a substitute.

- If the job task requires CSA-approved goggles, a face shield should not be used as a substitute even if CSA-approved.
Face Shields (cont’d)

- The material used for the visor needs to be impenetrable by splashes, sprays, and spatter of body fluids.

- Wearing the face shield must not create a health hazard (e.g., skin irritation, allergic reaction, etc.) or a safety hazard (e.g., poor visibility, sharp edges, etc.) of its own.

- The face shield must be adequately replaced, cleaned, and/or disinfected.
Hand Hygiene

- **Wash hands** frequently with soap and water for at least 20 seconds.

- **Use an alcohol-based hand sanitizer** with at least 60% alcohol if soap and water are not available.

- Wash or sanitize hands at the start of shifts, in between tasks, before eating or drinking, after touching shared items, after using the washroom, and before leaving work.

- Avoid touching eyes, nose, or mouth with unwashed/unsanitized hands.

- Avoid high-touch areas and common areas; where possible, always clean/sanitize hands afterwards.

- The University has:
  - Replaced or installed 700+ hand sanitizer dispensers.
  - Paper towel dispensers have been installed in washrooms where required.
ALWAYS Practice Respiratory Etiquette

1. Cover your mouth and nose with a tissue or your upper sleeve when you cough or sneeze.
2. Do not cover your mouth or nose with your hands when you sneeze.
3. Always place your used tissue in the wastebasket.
4. Frequently wash your hands with soap and water or clean with alcohol-based hand cleanser.
As part of standard practice, Physical Resources/Facilities Management will continue to monitor and maintain indoor spaces by:

- Running as much outside air as practically possible within climate limits.
- Adjusting air handling unit schedules to increase run time.
- Continuing to use MERV-14 filters or better, which exceeds the recommended ASHRAE standard.
- Extending HVAC run time before and after occupancy to achieve the equivalent air changes as recommended by ASHRAE guidelines.
- Increasing relative humidity in buildings to a minimum of 40 per cent where possible.
- Continuing to maintain HVAC systems.
- Regularly reviewing ventilation guidance provided by Public Health and industry recommendations.
- Reference to Physical Resources Building Readiness and Ventilation
Additional ventilation measures have been implemented in classroom environments as below:

- Performing air flow measurements to establish an equivalent air exchange rate per hour (ACH). Equivalent ACH is the sum of volume of actual air flow and purified air.

- Setting ventilation targets that meet or exceed the recommended standards for the specific space, guided by recommendations of Health Canada, Public Health and HVAC industry guidelines.

- Enhancing ventilation in classroom that do not meet recommended target by exploring and making changes to equipment and/or installing air purification units to augment the HVAC system.

- Reference Physical Resources’ Guelph Campus Classroom HVAC Strategy and Guelph Campus Building Ventilation Measures
Cleaning and Disinfection

- Notwithstanding the low risk associated with COVID-19 transmission from touching a contaminated surface, cleaning and disinfection protocols will continue to be in place.

- Cleaning/disinfection of public areas will be performed by Custodial Services for the Guelph Campus or through the use of an appropriate vendor at Ridgetown Campus and many Research Station locations.

- Personal workspaces should be regularly cleaned/disinfected by those that work in the area using appropriate cleaning solutions. For reference, products recommended by Health Canada.

- As a best practice, never assume that a surface, tools or equipment has been disinfected. Disinfect before use.

- Be mindful of high-touch surfaces. Disinfect before use or use a barrier between your hand and the surface (paper towel). Always wash/sanitize your hands after contact with high touch surfaces.

- Reference: Physical Resources Cleaning Measures

- The University has:
  - Increased inventory of cleaning supplies, available through the Physical Resources Stockroom.
  - Implemented enhanced cleaning protocols.
Use of Disinfection & Cleaning Products

- When using cleaning/disinfection products, follow the manufacturer’s guidelines and wear disposable gloves if needed (e.g., to avoid skin irritation).
- Do not touch your face while wearing gloves.
- Follow proper procedures when removing gloves in order to avoid skin contact with the outside of the glove.
- Always wash hands before putting gloves on and immediately after removing gloves or use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
Use of Gloves for Prevention of COVID-19

The wearing of disposable gloves for the prevention of COVID-19 in a non-health care setting is not recommended by Public Health for reasons including:

- The virus is not absorbed through human skin, so another layer of protection on your hands is therefore not needed.
- If you touch a surface contaminated with the COVID-19 virus, the gloves can be contaminated. If you then touch your face with the gloves on, you may infect yourself.
- It can give people a false sense of security, as people tend to wash or sanitize their hands less frequently when they are wearing gloves.
- People often wear the same pair of gloves for touching various surfaces. If one of the surfaces they touched is contaminated with virus, this may result in contaminating multiple surfaces, which may increase the risk of getting COVID-19 for you and others.
- **Wearing gloves should not be a replacement for practicing good hand hygiene.**
- Refer to EHS Guidelines on COVID-19: Use of Gloves in Non-Health Care Workplaces
Proper Procedure for Removing Gloves

If gloves must be worn for work tasks, follow proper procedure for removal.

- Gloves used in laboratory settings as part of PPE requirements for work tasks must remain in the lab and not worn outside of the lab space.
- Health Canada Video: COVID-19 How to Remove Disposable Gloves
Phased-In Research Activities

Research activities continue to be phased-in according to the principles outlined in the: University’s Research Phase-In Framework

The Framework includes:

- A requirement for researchers to submit a Research Management Plan for approval.
- Research Management plans include information related to the required public health measures.
- A Research Recovery Checklist is used to support the application of appropriate public health measures.
- EHS acts as a liaison to unit/department contacts to support implementation and monitoring of COVID-related precautionary measures in line with Public Health direction across the research enterprise.
Measures Implemented for Working in a Lab

The following measures have been considered as part of the Research Recovery Checklist and implemented in laboratory spaces as appropriate:

- Minimizing the number of research team members (faculty, staff, students, etc.) who access the laboratory at any time to adhere to physical distancing requirements avoid close contact where possible.

- This may include:
  - Creating “teams” of lab personnel that will work at the same time to minimize the number of different contacts an individual may have.
    - This is meant to reduce the number of people that would be impacted in the event of a positive case of COVID-19 within the research group.
  - Relocating equipment and reconfiguring workstations to support physical distancing where possible.
  - Establishing unidirectional workflow (i.e., one-way paths for movement within the lab)
Measures Implemented for Working in a Lab (cont’d)

- Posting signage/visual markings that encourage proper hand hygiene, respiratory etiquette and physical distancing within the lab.

- Implementing disinfection procedures for equipment and common surfaces such as bench tops, fume hood sash and workspace, faucets, equipment surfaces, door handles, etc.

Lab photos provided by Dr. Murray Hazlett
When Travelling in a Vehicle

- It is recognized that some employees make essential trips to various locations (e.g., research stations) in the course of their work.
- High touch surfaces in vehicles are to be cleaned/disinfected before and after use.

In order to ensure that physical distancing is practiced during these trips, it is recommended that:

- Each employee travels in a vehicle (either their own or the university-owned) without a passenger.
- If travel alone is not possible, employees travel in a large enough vehicle to maintain at least 2 meters from each other.
  
  **EHS Guidance for Employees Travelling in a Vehicle**

- If these options are not feasible, and employees must travel together in a vehicle where 2 metre physical distancing cannot be achieved, the following slide lists precautionary measures that should be followed.
When Travelling in a Vehicle (cont’d)

If employees must travel together in a vehicle, the following precautionary measures should be followed:

- **Everyone inside the vehicle must wear a medical mask during each trip.**
- Eye protection (faceshields or safety goggles) is not recommended for drivers for safety reasons but should be worn by passengers.
- Minimize the number of passengers (e.g., the driver and only one passenger in a four door or standard-sized vehicle).
- Maximize the distance between the individuals inside the vehicle.
- Avoid using the recirculated air option for the car’s ventilation. Use the car’s vents to bring in fresh outside air.
- If possible, drive with the windows open to maximize the air flow.
- Avoid unnecessary contact with frequently touched surfaces such as door frame/handles, windows, seatbelt buckles, steering wheel, etc. before cleaning and disinfection.
- Handle your own personal bags and belongings during loading and unloading.
- Cohort teams for sharing rides and limit intermixing for team travel.
Wastewater Testing

- Since October 2020, U of G researchers have been sampling wastewater for University of Guelph campus residences.

- This testing looks for RNA fragments of the COVID-19 virus.

- This testing can provide information before people show symptoms of the COVID-19 virus, providing an indication of any cases within the building and allowing the University to respond appropriately.

- Sampling is being conducted in student residences Monday to Friday, excluding holidays.
Remember to also take care of your Mental Health

- Taking care of our mental health is important for everyone.
- Feelings of stress, anxiety and frustration are normal during the COVID-19 pandemic.
- Whether you are seeking professional counselling, peer support, a mental health app, or looking for a helpful blog article or webinar, there are lots of mental health supports available to help you thrive.

Please visit the University COVID-19 [Employee Mental Health](#) or [Student Mental Health](#) webpages for various resources including:

- Counselling Services, Student Wellness
- Employee & Family Assistance Program (EFAP)
- Wellness@Work COVID-19 Wellness Resources
- National & Local Mental Health Supports
How U of G Is Preparing for Your Safe Return

As we prepare for the safe return of more students, faculty and staff to our facilities, we're closely following local and provincial guidelines and adjusting our plans to help protect our community. Through the combined actions below, we're creating a safe environment to welcome you back.

#GryphsGetVaccinated
You must be fully vaccinated against COVID-19 to access U of G buildings. If you have an exemption, you'll need to get tested for COVID-19 regularly.

Contact Student Health Services to book a vaccination appointment.

SAFE SPACES
All classrooms being used this fall must meet a minimum ventilation standard equivalent to six air changes per hour – equal to the standard in places for medical examination rooms.

We've maximized the flow of outside air into all buildings and are purging building air at the start and end of the day.

Remember to keep space between yourself and others. Follow the distancing signs on campus. Face-to-face course sections have an enrolment cap of 250 students.

High-touch surfaces in high-traffic areas are cleaned regularly. Learn more about who cleans what and how often.

PERSONAL SAFETY
Masks are required inside all U of G buildings and at some outdoor events. Additional PPE may be required depending on the environment.

All students, faculty and staff are required to complete U of G's COVID-19 Infection Prevention and Control Awareness Training course before coming to campus.

Take care of your mental health and well-being by checking out resources on our Gryphon Family Portal.

HEALTH MONITORING
Before coming to U of G facilities, students, staff, faculty and visitors must complete the U of G COVID-19 Screening Form and follow its direction.

We'll continue to monitor student residence wastewater for RNA fragments of the COVID-19 virus.

COVID-19 assessment and testing is available on campus from Student Health Services for faculty, staff and students.

Students, faculty and staff who test positive for COVID-19 or who are isolating must complete a self-declaration form and will be supported in planning for their safe return to campus.

U of G has a detailed positive case and outbreak protocol.

Have questions? Call U of G’s COVID-19 Call Centre at 519-824-4120, Ext. 53006 or email covid.calls@uoguelph.ca.
In Summary

- The University has a [COVID-19 Vaccination Policy](#).
- Faculty, staff and students who intend to access University buildings at both the Guelph and Ridgetown campuses and all University-managed facilities including research stations must be vaccinated or have an approved exemption.
- Vaccines are regarded as one of the most effective measures for addressing COVID-19.
- Those with an approved exemption must complete frequent COVID-19 testing (minimum twice per week) and provide verification of a negative test to access University buildings and facilities.
- Visitors are permitted to access University buildings and managed facilities provided they attest to their vaccination status through the [U of G COVID-19 Daily Screening Form](#) which must be completed daily prior to attending University buildings or managed facilities.
In Summary (cont’d)

- The University/Units/Departments have implemented infection control measures to protect the health and safety of our Faculty, Staff, Students and Community Members.

- If you are coming to campus or another University site, you must complete the University of Guelph COVID-19 Daily Screening Form.

- If you are ill/have symptoms or think you have been exposed to COVID-19 complete the Ontario COVID-19 self-assessment online and follow the directions given.

- If instructed to self-isolate, stay home, DO NOT come to campus/work and Complete and submit the University Employee Self Declaration Form or Student Self Declaration Form.
In Summary (cont’d)

- Employees are to inform their supervisor of their absence and students are to inform their advisor/course instructor and contact the U of G COVID-19 Call Center at (519) 824-4120 Ext. 53906 or email at covid.calls@uoguelph.ca

- If you become sick while on campus/at work, STOP what you are doing, isolate yourself from others. Make sure you’re wearing a face covering and wash your hands. Go home as soon as possible. Avoid public transit and take measures to protect others around you.

- To return to work after a COVID-19 related absence, Faculty and Staff please refer to the [OHW COVID-19 Return to Work Process](#)

- Students returning to a U of G facility after a COVID-19 related absence are to follow the direction of Public Health and their physician. Students may contact the U of G COVID-19 Call Center at (519) 824-4120 Ext. 53906 for more information.
In Summary (cont’d)

- Follow physical distancing, hand hygiene and respiratory etiquette practices and protocols in accordance with Public Health guidelines.
- Follow procedures implemented to clean and disinfect frequently touched surfaces.
- Wear and use a medical style mask.
- Wear a medical mask and eye protection when required for example, working in close contact with others (less than 2m), riding in a vehicle etc.
- If you have questions or concerns with measures adopted in your area, please address them with your Supervisor/Advisor/Instructor.
Additional University Resources

- University of Guelph COVID-19 Information
- HR COVID-19 Tools and Resources
- EHS COVID-19 Guidance
- OHW COVID-19 Return to Work Process
- Physical Resources COVID-19 Tools and Resources
- Research Phase In Framework
- Health & Safety Protocols for Face-to-Face Course Delivery
- Student Wellness

For health inquiries related to COVID-19, please contact the U of G COVID-19 Call Center at (519) 824-4120 x 53906 or covid.calls@uoguelph.ca.

For safety related inquiries, please contact Environmental Health and Safety (EHS) at ehs@uoguelph.ca
Completing the EHS Training Module On Courselink

• Now that you have completed the module, confirm your review by selecting "Confirmation of Completion" in the navigation bar and answering the quiz question.

• You will then receive an email confirming your completion of this training.

• Subsequent review of training updates will not generate a new email.

• If you are an employee, provide the confirmation to your supervisor/department for record keeping purposes.

• If you are a student, your instructor or graduate teaching assistant may request confirmation that you have completed this training module.

• Maintain a copy of your confirmation for your records.
Thank you for completing the COVID-19 Infection Prevention and Control Awareness Training Module

- We all have our part to play in keeping ourselves and others in our community safe.
- By working together, we can stay safe!