

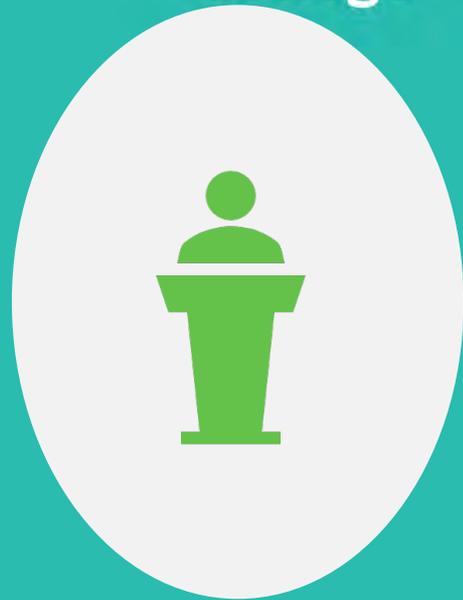
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COVID-19 Safety Training for CMTN Students

Winter 2021

Pandemic



What is a Pandemic?

The World Health Organization (WHO) defines a pandemic as the “*worldwide spread of a new disease.*”

How it affects humans

No immunity to the new disease
People can become very ill
Disease spreads rapidly

Declaration

On March 11, 2020, the WHO declared the global outbreak of COVID-19 a pandemic.



What is COVID-19?



COVID-19 is from a family of coronaviruses that cause illnesses that range from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS).

- A new strain of coronavirus that had not been previously identified in humans.
- Those infected with COVID-19 may take up to 14 days to develop associated symptoms.
- Some people may have very mild to no symptoms.
- The virus can be transmitted to others despite the absence symptoms.
- There is no specific treatment available, treatments aim to resolve symptoms until you can recover.
- Viruses cannot be killed with antibiotics.
- The COVID-19 vaccines that have been approved by Health Canada are safe, effective and will save lives. Immunize BC will ensure vaccines are available to everyone in BC who is recommended to get them in the months ahead.



Transmission

COVID-19 is transmitted from one person to others through respiratory droplets and aerosols created when an infected person coughs, sneezes, talk, shouts or sings.

- Droplets vary in size from large droplets that fall to the ground, to smaller droplets sometimes called aerosols that may linger in the air;
- droplets or aerosols can enter in the mouths and noses of people who are nearby or be inhaled into their nose, mouth, airways and lungs; and
- droplets can land on surfaces and be transmitted to another person touching that surface and then touching their own face (mouth, nose, eyes) with unwashed hands.



New or Worsening Symptoms

It is easy to mistake COVID-19 for other illnesses. You may not know you have COVID-19!

Symptoms are just like other respiratory illnesses, like the flu and common cold. Symptoms that are new or worsening are important to identify.

Symptoms can appear up to 14 days after you have been exposed to the virus.

Fevers may not always provide a reliable measure on its own. Do you know the normal body temperature taken orally? When might a temperature be different from 37°C?

Visit: BCCDC [symptoms](#)

- *Fever or chills*
- *Cough*
- *Loss of sense of smell or taste*
- *Difficulty breathing*
- *Sore throat*
- *Loss of appetite*
- *Headache*
- *Extreme fatigue or tiredness*
- *Body aches*
- *Nausea or vomiting*
- *Diarrhea*



What is it like to visit campus?

1. After arriving on campus, wash your hands right away, put on your face covering and maintain physical distancing from others at all times.
 2. Use available disinfectant to disinfect your space as needed.
 3. If you are scheduled to use a shared space, use hand sanitizer on arrival and before leaving.
 4. Before and after using any shared surfaces and equipment, use hand sanitizer; when you are done using the shared surface or equipment, disinfect them. This includes work surfaces, chairs, staplers, photocopiers, etc.
 5. Wash your hands frequently and well throughout the day.
 6. If you leave the campus at any time during the day, follow the same guidelines as when you arrived.
- Be aware of your surroundings.
 - Follow capacity requirements and directional arrows; if a space is full, you will need to wait your turn to access it.
 - Plan ahead and limit your touch-points on campus.
 - Be mindful and respectful of others' who may have may be following different requirements to stay safe; some will be comfortable with the re-start plans in BC, others may be following stricter protocols to ensure their safety

Follow BC CDC's protocols for [cleaning and disinfecting in public settings](#).

Watch this [video](#) taken on Terrace campus in September 2020.



What should you do when you have symptoms?

Identifying COVID-19 is tricky, and it is important that you stay home when unwell and access the supports available to you.

In addition to the guidelines on the right, there are services in place for students ([here](#)).

1. *Use the BC Health Link COVID-19 self-assessment tool:
<https://bc.thrive.health/>*
2. *Call 8-1-1 for advice*
3. *Follow established processes for absences related to illness*
4. *Keep in touch with your instructor for support in being away and returning to learning*



What are some of the ways you will be helping reduce risks?

- Personal Hygiene
- Physical distancing
- Daily health monitoring
- Social Etiquette
- Face Coverings
- Personal protective equipment and procedures



Personal Hygiene

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1. Hand washing
2. Coughing & sneezing
3. Hand sanitizing
4. Avoid touching your face



Washing your hands

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1. Wet your hands with running water and apply soap.
2. Rub your hands together to make a lather.
3. Scrub well for at least 20 seconds.
4. Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails.
5. Rinse your hands well under running water.
6. Use a clean towel, or paper towel, to dry your hands, or air-dry your hands.

Watch this [video](#) from WHO.

What songs do you like to sing while you wash your hands?



How often should you wash your hands?

Washing your hands often prevents the transfer of infectious material from the hands to other parts of the body – particularly the eyes, nose and mouth – or to other surfaces that are touched.

Often means:

- upon arriving and when leaving campus
- after coughing or sneezing
- after bathroom use
- when hands are visibly dirty
- before, during and after you prepare food
- before eating any food (including snacks)
- before and after using shared equipment



Coughing and Sneezing Procedure

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- Maintain physical distance of at least 2 meters from others.
- Cover your mouth and nose with a tissue when you cough, sneeze or blow your nose.
- Put used tissues into the waste basket.
- If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.
- Wash your hands with soap and water or hand sanitizer (minimum 60% alcohol-based).



Hand sanitization Procedure

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Hand sanitizer comprised of at least 60 percent alcohol is an effective tool for neutralizing germs when soap and water are not available.

To clean hands that are not visibly soiled:

1. Apply a small amount of hand sanitizer.
2. Rub hands together.
3. Work the sanitizer between fingers, the back of hands, fingertips, under nails.
4. Rub hands until dry.
5. If your hands are visibly soiled, and soap and water are not available, use an alcohol-based hand wipe to remove the dirt prior to using hand sanitizer.

Watch this [video](#) from WHO.



Maintain physical distancing

Watch this [video](#)

How to practice:

- Whenever outside your home
- Keep time in shared spaces brief
- Look for alternatives to small spaces – connect online, by phone, or, meet outside wherever possible
- Wave hello and goodbye



More information:

[BC CDC](#)

[What is a moose?](#)



Social Etiquette

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Waves are the
new handshake



Brief or virtual
meetings are
best.

Social gatherings are out.



Not sharing
shows you're
caring.

Food, beverages, office
supplies, etc.



Mobile phones & other electronics

Mobile phones and other frequently touched electronics like tablets, remotes, keyboards, mice and gaming consoles can carry germs. These electronics should be cleaned and disinfected regularly.

1. Check the manufacturer's instructions for cleaning and disinfecting. If no manufacturer guidance is available, use disinfectant wipes or sprays with at least 70% alcohol.
2. Turn off the device.
3. Remove visible dirt, grease, etc.
4. Dry surfaces thoroughly to avoid pooling of liquids.
5. Do not immerse devices in liquids and do not use hydrogen peroxide or vinegar as they do not work and may damage screens.
6. Consider using plastic covers or screen protectors to make cleaning and disinfection easier.



Mandatory face coverings

By law, a face covering must be worn in indoor public settings.

If you are unable to wear a face covering please reach out to your instructor by phone or email for support prior to visiting campus.

- Physical distancing is required even while wearing a face covering.
- Use face coverings in accordance with BC CDC guidelines: www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks
- Legal requirements in BC are outlined in the [public health order](#), [Order in Council](#), and [Ministerial Order](#).



Personal Protective Equipment

In cases where additional protection is required, students will be directed and provided with PPE to ensure their own safety.

Examples of PPE used in different capacities for protection against the virus include medical masks, N95 respirators, face shields, goggles, non-medical masks, and gloves.

When PPE is used inappropriately, it may INCREASE the risk of exposure, making it important to follow correct procedures for the equipment being used.



During the COVID-19 pandemic, PPE are typically used where physical distancing cannot be maintained while undertaking tasks.



Daily health monitoring

WorksafeBC requires you to complete active health monitoring to screen for potential risk of COVID-19 before proceeding into a space and on a daily basis.

1. Daily self-assessments include asking whether you have:
2. traveled outside of Canada in the last 14 days?
3. been identified by Public Health as a close contact of someone with COVID-19?
4. been told to self-isolate by Public Health?
5. Are displaying any of the following new or worsening COVID-19 like symptoms: cough, sneezing, fever or chills, sore throat, difficulty breathing, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, headache, body aches, nausea or vomiting, diarrhea?

If you answer yes to any of the health check questions, you are not permitted on campus, you must stay or return home, call 8-1-1, and contact your instructor for support navigating any absence and prior to returning. Your personal health information is private and confidential – you are not required to share your diagnosis with anyone at the College.

Getting sick is normal. These protocols help ensure you have access to any support available and that the risk of spreading illness is reduced.



What should you do if you become unwell on campus?

- Individuals who become unwell while on campus must alert their instructor and leave immediately.
- Those unable to leave a campus immediately can access dedicated self-isolation spaces while making arrangements.

IMMEDIATELY ALERT AN INSTRUCTOR

- *Spaces identified for self-isolating while on campus:*
 - Terrace: Yurt*
 - Smithers: Room 112*
 - Hazelton: Assessment Room*
 - Prince Rupert: Classroom 227*
- 1. *Use the BC Health Link COVID-19 self-assessment tool: <https://bc.thrive.health/>*
- 2. *Call 8-1-1 for advice*
- 3. *Following established processes for absences related to illness*
- 4. *Keep in touch with your instructor for support in being away and returning to learning*



“be calm, be kind, be safe”

Dr. Bonnie Henry, BC Provincial Health Officer

Post-secondary institutions are working closely together to ensure we can restart our face-to-face activities in our communities safely.

Post-secondary guidelines available through [WorkSafeBC](#), [BC CDC](#), and the [ministry](#).

