COVID-19 CAMPUS PROTOCOLS

Each of our individual actions and decisions plays a role in our fight to flatten the curve.
At Royal Roads, the following campus rules help ensure the health and safety of our community.

MANDATORY DAILY SCREENING

- **Everyone <u>MUST</u> assess themselves daily** for COVID-19 symptoms prior to arriving on campus
  - Access the BC COVID-19 Self-Assessment tool at **www.thrive.health/bc-self-assessment-tool**
- **Do not visit campus if:**
  - You are experiencing any COVID-19 symptoms*.
  - Live in the same household as a confirmed or presumptive COVID-19.
  - Have returned from travel outside of Canada within the last 14 days.
- **If you are unsure about your symptoms or requirements to isolate, call 8-1-1.**

PRACTICE GOOD PERSONAL HYGIENE, FOR YOURSELF AND OTHERS

- **Wash hands frequently.** If hand washing is not an option, use an alcohol-based hand sanitizer.
- **Avoid touching your face**, especially eyes, nose or mouth.
- **Cough/sneeze into elbow or sleeve**; immediately dispose of tissues and wash hands.
- **Stay home if you are sick** and avoid contact with people who are sick.

PRACTICE PHYSICAL DISTANCING

- **No handshakes.**
- **Practice physical distancing** – stay at least two meters (6 feet) from others.
- **Respect guidelines** and barriers such as directional arrows or plexiglass.
- **Face masks are mandatory** in all shared indoor public spaces such as hallways, elevators and areas where physical distancing is not possible.

RESPECT BUILDING PROTOCOLS

- Follow new room occupancy limits.
- Sign in and sign out of buildings.
- Use designated entrances and exits.

The most common symptoms of COVID-19 include: fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and vomiting, and muscle aches.

Please report any concerns to **human.resources@royalroads.ca** or **care@royalroads.ca**
Visit our COVID-19 page for more information and resources: **royalroads.ca/news-events/covid-19**

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