

# BACK TO CAMPUS

Portage College's  
COVID-19 return to campus guide

# SAFE RETURN TO CAMPUS

As we gradually begin to return to campus to study and work, our number one priority is the health and safety of our College community – the students, employees and everyone else who comes on campus.

Safety is paramount – and we all need to take a role in keeping each other safe.

This PowerPoint outlines what you need to know before coming on campus and expectations to follow while on campus.

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# SAFE RETURN TO CAMPUS

This session will specifically outline:

- How COVID is spread
- Safety measures on campus
- What happens if you develop symptoms or need to isolate
- Other safety measures on campus

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# ABOUT COVID-19

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# HOW COVID-19 SPREADS

Alberta Health Services advises that COVID-19 is spread through tiny droplets of liquid produced by people who have the virus (coughing, sneezing, talking, laughing, singing). It is spread by touching objects or surfaces the virus has landed on and then touching your eyes, nose or mouth. It is not airborne.

AHS believe the virus generally only survives for a few hours on a surface or object. However, it is possible for it to survive several days under some conditions.

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# SAFETY MEASURES ON CAMPUS

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# PRACTICE GOOD HYGIENE

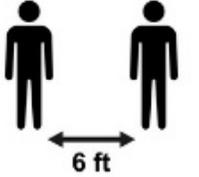


Wash your hands often for at least 20 seconds using soap and running water. Use hand sanitizer as well. Hand sanitizer stations are provided throughout our campuses.

Good hygiene also means avoid touching your face with unwashed hands, and covering coughs and sneezes into elbow or tissue.

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# SOCIAL DISTANCE



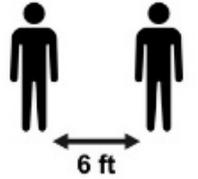
Practice social distancing by keeping a distance of at least 6 feet (2 metres) from others at all times while on campus.

This is important when you are in classrooms, labs, washrooms, the Bookstore, Student Services or other reception areas.

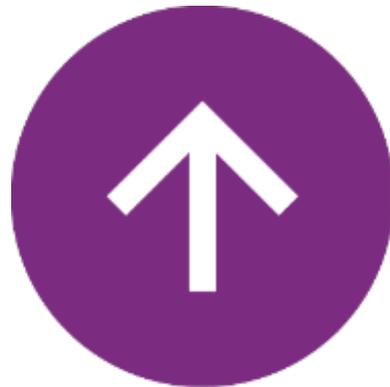
The College has removed some IT equipment and furnishings, such as tables, chairs, sofas and computers in an effort to reduce unnecessary gatherings and to ensure social distancing is possible.

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# SOCIAL DISTANCE

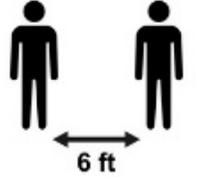


While on campus, you will notice two types of floor markings to help with social distance: traffic flow arrows and social distancing graphics



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# SOCIAL DISTANCE

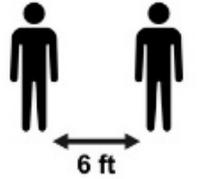


These purple circles with a white arrow guide the flow of foot traffic to avoid congestion and allow for social distancing.

Generally speaking, the flow of foot traffic in College buildings should follow the same flow as vehicle traffic would – always stay to the right and please don't stop and create congestion.

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# SOCIAL DISTANCE



These purple circles are placed in areas where queues are likely to occur, such as Student Services counters, the Bookstore and Student Housing. The intent is to remind people to stay six feet apart.

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# WEAR A MASK



Our program areas have identified some situations, such as labs and other practical experience, where social distancing may not be possible. In these situations, you will need to wear a non-medical mask when you are unable to maintain a physical distance of at least 6 feet (2 metres) from others.

Your instructor will provide you with a disposable mask when required, however, you may want to consider purchasing your own, reusable masks to have on campus.

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# ENHANCED CLEANING OF CAMPUS



Our campuses are following enhanced cleaning and disinfecting procedures, particularly of high touchpoints and communal surfaces, in public areas and washrooms. However, this doesn't mean it has been cleaned between you and the last user. You should avoid sharing materials and equipment with others.

Overall, it's important that you are aware of the surfaces you touch and avoid touching your face without first washing your hands.

Please do your part to keep the campus clean and everyone safe.

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# KNOW WHEN TO STAY HOME



As a measure to ensure everyone's health and safety and to comply with provincial legislation, you are not permitted on campus if you:

Have symptoms of COVID-19

Travelled outside of the country in the last 14 days; or

Had close contact with a person confirmed or suspected to have COVID-19.

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# KNOW WHEN TO STAY HOME



Don't leave your home if you have any symptoms of COVID-19 – you are required by law to stay home. If you start to get sick on campus, go home or to your residence. You must isolate for a minimum of 10 days or until your symptoms resolve – whichever is greater.

Symptoms include fever, cough, shortness of breath, runny nose and sore throat. Please check [Alberta.ca/COVID19](https://www.alberta.ca/COVID19) for full list of symptoms.

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# KNOW WHEN TO STAY HOME



If you travel outside of Canada or if you have close contact with a confirmed or suspected case of COVID-19, you must wait 14 days before coming on campus.

If you develop symptoms of COVID-19 during that time, you must continue to isolate for a minimum of 10 days from the onset of symptoms or until your symptoms resolve – whichever is great.

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WHAT HAPPENS IF I HAVE TO ISOLATE

NEXT 

# WHAT HAPPENS IF I HAVE TO ISOLATE

If you have symptoms of COVID-19, travel outside of Canada or have close contact with a person confirmed or suspected to have COVID-19, follow these 5 steps.

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# WHAT HAPPENS IF I HAVE TO ISOLATE

1

Isolate yourself immediately and follow AHS mandatory self-isolation requirements:

Minimum 10 days from start of symptoms or until symptoms resolve – whichever takes longer

14 days after returning to Alberta from travel outside of Canada

14 days if you had contact with a confirmed or suspected case of COVID-19

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# WHAT HAPPENS IF I HAVE TO ISOLATE

## 2

Notify the coordinator of your program. If you live on campus in Student Residences, you must notify Campus Security at 780-623-5587. Campus Security is available 24/7.

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# WHAT HAPPENS IF I HAVE TO ISOLATE

3

Take the [Alberta Health Services COVID-19 self-assessment](#). If you suspect you have COVID-19, you will likely be directed to book an appointment for testing.

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# WHAT HAPPENS IF I HAVE TO ISOLATE

4

Continue to follow all AHS requirements while waiting to be tested and for your results.

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# WHAT HAPPENS IF I HAVE TO ISOLATE

## 5

If you test positive for COVID-19, report this immediately to your program coordinator. You are also required to continue your isolation period – minimum 10 days or until symptoms resolve, whichever is greater.

If you test negative for COVID-19, you still need to stay home until your symptoms resolve so that you don't infect others and subsequently force them to isolate.

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# OTHER SAFETY MEASURES

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# DOWNLOAD PORTAGE ALERT

Portage Alert is the College's official emergency notification app. The app houses our emergency plans, which is important for you to know, and it also allows us to send you notifications of emergencies on campus, including updates on COVID-19.

You can download the app in the Apple Store and Google Play Store.

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# DAILY SCREENING

## **SIGN IN WHEN YOU ARRIVE ON CAMPUS**

During the COVID-19 pandemic, it's important for us to know who is on campus each day to help with contact tracing in the event someone tests positive for COVID-19. You can conveniently sign in using the Portage Alert app.

Your instructors will also be taking daily attendance.

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# DAILY SCREENING

## SCREENING QUESTIONS

Each day you are on campus, you will be required to answer 3 screening questions.

In the past 14 days, did you travel outside of Canada?

In the past 14 days, did you have close contact with a person confirmed as having COVID-19 or being tested for COVID-19?

In the past 10 days, have you experienced any symptoms of COVID-19, such as fever, cough, shortness of breath, difficulty breathing, sore throat or runny nose?

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# DAILY SCREENING

## SCREENING QUESTIONS

If you answer YES to any of the questions, you are not permitted on campus.  
Please follow the steps outlined when you have to isolate.

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THANK YOU

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