



**Re-OPEN**

**Guide**



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**CAMBRIAN  
COLLEGE**

*Updated February 22, 2021*



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# Introduction

Welcome to Cambrian College's Campus Re-open Guide for COVID-19. This guide will outline what we are doing to prepare our campus for re-opening and the safe return of students, employees, faculty, and visitors. It also outlines what you can do to protect yourself and others by reducing the risk of spread of COVID-19.

The purpose of this guide is to inform you of the activity that has taken place on your behalf, and provide you with assurance that Cambrian, in partnership with the Province of Ontario and public health authorities, has developed the necessary safety standards and procedures to ensure a safe return to learning and work. It is also your itemized, quick-reference 'go to' guide for what you need to know to return to campus.

Like the pandemic itself, the guide is an evolving document and as planning continues at all levels of government and the College, updated information will be added.



**Please read through this guide carefully. We have designed it so that you can print all or parts of it and have it on you at all times.**

Your safety and well-being are our top priority. We want you to feel confident that Cambrian College is doing everything within its power to ensure our campus is safe for you to work, learn, and visit. You also have a role to play in your health and safety on campus. Safety is everyone's responsibility.

Additional information on our re-opening plans and ongoing response to COVID-19 can also be found on our website, [www.cambriancollege.ca/covid](http://www.cambriancollege.ca/covid).

We look forward to seeing you on campus.

**This guide is a distillation of the many plans, protocols and strategies Cambrian College has already created as part of our ongoing response to COVID-19. They include but are not limited to:**

- Cambrian College Cleaning Protocol
- COVID-19 Staff and Student Training Module
- COVID-19 Case on Campus Protocol
- Cambrian College COVID-19 Residence Plan
- Cambrian College International Student Plan

# Preparing our Campus for Re-Opening

## A. COVID Prevention Top 5 Checklist

- ✓ Stay at home if you are sick
- ✓ Wash/sanitize your hands frequently
- ✓ Maintain social distancing (minimum 2 m/6 ft. from nearest person)
- ✓ Use a face covering when social distancing can't be maintained
- ✓ Cover your cough

## B. COVID Symptom Checklist

Wondering if you may have COVID-19 or been exposed to it?  
Visit [covid-19.ontario.ca](https://www.covid-19.ontario.ca) for a self-assessment or to find an assessment centre near you.

If you have at least one of the following symptoms (severe difficulty breathing, severe chest pain, feeling confused or unsure of where you are, losing consciousness), call 911 and seek medical attention right away.

If you have any of the following symptoms, do not come to campus. If you are an employee, notify your immediate supervisor. If you are a student, notify your program coordinator (and residence management if you live on residence). Self-isolate as quickly as possible, avoiding other people as much as possible.

If you are already on campus, stop what you are doing and self-isolate as quickly as possible (either leave campus or return to your residence room). Inform your supervisor/program coordinator/residence management electronically, not in person. Call your health provider, local public health authority, or Telehealth Ontario, 1-866-797-000.

## Screening for COVID-19 on Campus

1. Do you have any one of the COVID-19 symptoms below?
  - fever and/or chills
  - cough or barking cough (croup)
  - shortness of breath
  - sore throat
  - difficulty swallowing
  - decrease or loss of smell or taste
  - runny or stuffy/congested nose
  - headache
  - nausea/vomiting, diarrhea
  - muscle aches
  - extreme tiredness
  - pink eye (for adults)
  - stomach pain (for adults)
  - falling down often (for older adults)
2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?
3. Have you been identified as a “close contact” of someone who currently has COVID-19 in the last 14 days?
4. Have you received a COVID Alert exposure notification on your cell phone in the last 14 days (and have not been tested or waiting for your result)?
5. Have you traveled outside of Canada in the last 14 days?  
*\*\* Not applicable if you are exempted from federal quarantine as per the Quarantine Act.*

If you answer YES to any one of the questions above, PLEASE DO NOT enter the college AND contact either your health care provider or Telehealth Ontario (1-866-797-0000) to get advice or an assessment, including if you need a COVID-19 test. You can also visit [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus) for a self-assessment and to book a COVID-19 test.

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## C. Cambrian's Re-open Plan

We have prepared a full Re-open Plan. Depending on the COVID-19 situation at the time, Cambrian College will move through each phase of the plan, either forward or backward.

You can view the full plan [here](#).

## D. Various Safety Measures

To ensure your health and safety while on campus, we are putting in place a number of measures to reduce the risk of exposure and spread of COVID-19.

### Education and Training

- Cambrian has developed a mandatory safety-training module for students and staff returning to campus or Cambrian's satellite sites. The module can be found in Moodle.
- Select the link to the Moodle course below and self-enroll for the training, which will take approximately 20 minutes. Once you complete the H5P module fully, a Certificate of Completion will be attached to your student record electronically. Be sure to have your student ID card ready for scanning upon entry to the college.

[COVID-19 Student Training](#) | [COVID-19 Staff Training](#)

### Physical measures

- Controlled entrances. During Phases I, II and III, you will only be able to enter and re-enter campus at designated entrances
- Controlled traffic flow within the building, including closed areas, and where possible, separate entrances and exits from the labs (except in case of emergency)
- Use of Plexiglas partitions where necessary
- In our washrooms, we are temporarily switching from air-powered hand dryers to paper towels, to help reduce the risk of airborne spread of COVID-19
- Classrooms, labs, workstations, offices, and common spaces will be configured to accommodate physical distancing (minimum 2 m/6 ft. between people)
- In situations where physical distancing cannot be maintained at all times, for work or academic purposes, other measures will be put in place, including the use of Personal Protective Equipment (PPE) as required, staggered schedules, continuation of remote work, and relocation of work spaces
- Designated eating/study rooms and open access computer labs. Please follow room etiquette including physical distancing, wearing a mask except when eating, not moving around chairs, no lingering, and cleaning your space before and after use
- Follow directions on the signage and decals (i.e. one person in the elevator at a time)

## Use of masks and Personal Protective Equipment (PPE)

- Use of non-medical face coverings will be required when inside campus buildings (except when alone in personal office space, open office space, storage room, classroom, or Student Residence bedrooms), outside on campus property when physical distancing is not possible (we recommend wearing a mask at all times outside on campus property), and at our satellite sites. When another person comes into your defined space, classroom, or lab, you are required to wear a face covering.
- We also strongly recommend you wear a non-medical mask as opposed to a balaclava, bandana, scarf or gaiter/buff (neck warmer), as they are not as well secured to your head and ears and are more likely to slip out of place. For religious reasons, hijabs and niqabs are acceptable.
- PPE (i.e. gloves, face shields) will be required when necessary
- There are some exceptions to the face covering requirement if:
  - the person is a child under the age of two years, or a child under the age of 5 years either chronologically or developmentally and refuses to wear a face covering and cannot be persuaded to do so by their caregiver
  - the person is incapacitated and unable to remove their mask without assistance
  - wearing a face covering would inhibit the person's ability to breathe in any way
  - for any other medical reason, the person cannot safely wear a face covering such as, but not limited to, respiratory disease, cognitive difficulties or difficulties in hearing or processing information;
  - for any religious reason, the person cannot wear a face covering, or cannot cover the face in a manner that would properly control source.
- Cambrian has purchased 5,000 non-medical, washable masks that will be provided to staff and students upon request (one per individual) as we progress through the phases
- Masks will be distributed along with our safety protocol and instructions at designated entrances to the College, and receipt of the mask recorded

## Procedures

- Sign-in with Security, and carry appropriate ID (student or staff ID card/number). Please allow for additional time to enter the building as there may be lines at certain periods of the day
- Pre-screening. Before you are allowed on campus, you will have to undergo self-screening and verbal screening by Security. **If you are showing symptoms associated with COVID-19, you will not be allowed on campus.** Refer back to our [COVID Symptom Checklist](#). *Note: temperature checks are not part of our requirement to access campus*
- Wash/sanitize your hands before entering campus, when you go from place to place on campus, after eating and going to the bathroom, after using tools and other equipment, and when you leave campus. Remember: "Don't bring any germs in; don't take any out!"
- Only stay on campus long enough to complete your required tasks, and then leave immediately. Do not stay to socialize
- Use the nearest exit when you are finished your class or work. You are not required to sign out

## **E. Cleaning and Disinfecting**

Surfaces frequently touched with hands are most likely to be contaminated by germs, bacteria, and any viruses. Regular cleaning and sanitizing of high-touch areas and surfaces will help prevent the transmission of viruses from contaminated objects and surfaces.

### **Prior to re-opening**

- We are enhancing our regular cleaning and disinfection routines throughout campus
- Cleaning plans for shops, labs and public spaces have been developed and implemented
- We have developed detailed cleaning protocols to document the frequency and extent of our new cleaning and disinfection approaches.
- Faculty, lab technicians, and students will have a role to play to ensure lab spaces, work stations and tools are cleaned before and after each use. You will be provided with instructions on how to achieve this
- Areas on campus which students, faculty, and employees can access have been identified. These areas will be marked, as well as areas which are off-limits.
- We have stocked up on cleaning supplies
- As well, full-time and contractor staff have received training to ensure their own safety while conducting their very important roles

### **Enhanced Cleaning and Disinfecting**

We are stepping up our cleaning and disinfecting throughout campus, with particular attention to high-use and high-traffic areas and high-touch surfaces:

- bathrooms
- food areas
- door handles and knobs
- handrails
- elevator buttons
- light switches
- cabinet handles
- faucet and fountain handles
- tables
- countertops
- electronics

### **Approaches for Cleaning Practices in Shops and Labs**

Under the guidance of faculty, technicians or supervisors:

- Equipment and tools must be disinfected at the end of training sessions
- Instructors and/or students may be required to assist with cleaning of tools and equipment
- Equipment shall be powered down prior to cleaning
- Use of tools/equipment will follow best practices for infection control, including limiting use to one person, where possible (no sharing), to avoid contact
- If tools and equipment must be shared, the user must disinfect pre- and post-use. Disinfectant will be available in each lab. Ensure all touch points are thoroughly cleaned
- Where multiple employees handle other goods, supplies or share other items, enhance sanitation/cleaning practices



# Academic Delivery

As outlined in our full Re-Open Plan, we are using a hybrid model of delivery, meaning a combination of faculty-led remote teaching and learning for those components of our programs that can be delivered remotely, and in-person delivery of the hands-on learning experiences that must take place on campus.

Our decision to fully re-open our campus will be based on the COVID-19 situation at the time, and following the direction given by the federal, provincial, and local governments and public health authorities.

In the meantime, our campus will only be open for necessary on-site, hands-on learning (labs), under the strict measures and controls outlined in this guide.

**To find out how your program is being delivered this semester, view our Academic Delivery Chart, found in the Academics section of our [COVID-19 Re-open Page](#).**

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# International Students

**Please check your individual Moodle course sites to see which of your specific on-campus labs are affected.**

To our new and returning international students, welcome to Cambrian College.

There are special considerations for international students during the current COVID-19 global pandemic.

We encourage you to visit the [webpage](#) of Immigration, Refugees, and Citizenship Canada, an official ministry of the Government of Canada. Here, you will find rules and updates as they relate to international students, including travel restrictions, study permits, and eligibility for Post-Graduation Work Permit Program (PGWPP).

**You can also contact Cambrian's International Department at [internationaladvising@CambrianCollege.ca](mailto:internationaladvising@CambrianCollege.ca) for more information.**

## New International Students

- The Canadian government is easing some of the travel restrictions for international students coming to Canada. Cambrian College is on the list of approved Designated Learning Institutions (DLIs, see full list [here](#)), which can accept international students on campus. You can come to Canada and Cambrian if:
  - You have a valid study permit or letter of introduction that shows you were approved for a study permit

See our [Academic Delivery chart](#) in the Academics section on our landing page to determine if your program requires hands-on labs

- **Starting January 7, 2021**, anyone flying to Canada from another country, unless exempted, will be required to provide written or electronic documentation showing they received a **negative result from a COVID-19 test conducted within 72 hours prior to their scheduled boarding**.

The test must be performed using a COVID-19 molecular polymerase chain reaction (PCR) test. Without a negative COVID-19 test, travellers will be denied boarding onto their flight.

Please note that students must arrange a COVID-19 test within 72 hours prior to their travel. Any questions regarding the submission of the PCR test should be directed to the airline.

**Anyone who receives a negative test result and is authorized to enter Canada must still complete the full, mandatory 14-day quarantine.**

- If you are showing any symptoms of COVID-19, you will not be allowed to travel to Canada. [Click here](#) to learn more about COVID-19, including symptoms and how to stay safe
- If you do not have symptoms, upon arrival in Canada, you and any family members travelling to Canada with you must still self-isolate for a period of 14 days, be tested for COVID-19 on the last day of your quarantine (or sooner if you develop symptoms of COVID-19), and have a self-isolation plan. That plan should include where you are going to be staying and how you are getting there, whether by yourself or if someone is picking you up, and how you will access the essentials of life such as food, medicine and medical appointments. You should not come to Canada unless you have a self-isolation plan.
- If you have not arranged a destination where you will be staying for your 14-day self-isolation period, Cambrian can provide you with a room at a designated hotel. Please let Cambrian's International Department know what your plans are ([internationaladvising@CambrianCollege.ca](mailto:internationaladvising@CambrianCollege.ca))
- If you and your family members remain symptom-free during your quarantine period, you do not need to wait for your day-14 COVID test result before ending your quarantine. You must, however, continue to self-monitor for symptoms, practice physical distancing, and follow other public health measures such as mask use and hand hygiene. If your or a family member's test result comes back positive for COVID, you must go into another 14-day isolation period.
- If you have already been in Canada for more than 14 days and have completed your mandatory self-isolation with no symptoms, you do not need to undergo a further 14-day self-isolation period to begin your studies at Cambrian College.

- If however, you have developed symptoms of COVID-19 during or after your initial 14-day isolation period, or been in contact with someone who has, you will then have to undergo another 14-day isolation period from the onset of symptoms or potential contact
- After you have completed your mandatory 14-day self-isolation in Canada, we recommend that you book our Student Residence to stay for the first semester. Please [visit our Residence page](#) or let Cambrian College International know what your plans are ([internationaladvising@cambriancollege.ca](mailto:internationaladvising@cambriancollege.ca)). You may want to provide proof of your self-isolation
- If you are going to be on campus for labs, please be sure to complete the COVID education and training module found in Moodle. You can access it using your Cambrian ID number and password
- You will receive a certificate of completion for finishing the module. You will require this certificate to come onto campus

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## Current Travel Requirements and Cambrian's Safe Arrival Plan for International Students

As an approved DLI, Cambrian has in place a Safe Arrival Plan for international students coming to Canada to study. Our Safe Arrival Plan aligns with current travel [requirements and restrictions](#) for all travellers coming to Canada. Highlights include:

- Downloading of the [iCent App](#) app and using it to help develop your quarantine plan, including daily check-ins
- Development of a personal quarantine plan detailing where and how you and any travel companions (family members) will spend your mandatory 14-day quarantine while in Canada, including plans and arrangements on how you will access necessities (travel arrangements, food, medical appointments, medicines). You may be asked to show this plan to Canadian authorities upon arrival
- Proof of a negative COVID-19 test taken within 72 hours of departure for Canada, either by air or land
- Mandatory COVID-19 test upon arrival in Canada, either by air or land
- Mandatory 14-day quarantine upon arrival in Canada. The first three days of this quarantine must be spent in a [government-approved hotel](#), if arriving by air

*Please note Cambrian College **WILL NOT** be covering any costs associated with your mandatory stay in the government-approved hotels upon arrival. Cambrian College may introduce a bursary to support international students to cover the additional cost of quarantine as mandated by the Government of Canada. Details on the bursary and its eligibility criteria will be communicated at a later date should it become available.*

- If you test positive for COVID-19, you will have to spend the remainder of your 14-day quarantine at a government-designated facility

- If you test negative for COVID-19, you can complete your 14-day quarantine at a government-approved hotel, one of the hotels in Toronto or Sudbury with special arrangements with Cambrian College or Hanson Canada, at the Laurentian University Student Residence in Sudbury, or at a private residence
- **If you are travelling before March 19, 2021:** If you are staying in one of Cambrian College's recommended accommodations in Toronto or Sudbury following your three-day (3) mandatory hotel stay, you will be eligible to receive 50% reimbursement for the remainder of your 14-day quarantine period.

**If you are travelling on or after March 19, 2021:** Students arriving on or after March 19, 2021, are eligible to receive 50% reimbursement for the remainder of your 14-day quarantine period if they elect to stay in one of Cambrian College's recommended accommodations in Sudbury.

*Quarantine accommodations and transportation costs in Toronto will no longer be reimbursed by Cambrian College after March 19, 2021.*

- Reimbursement of a portion of your expenses for the time spent in mandatory quarantine at a designated hotel or Laurentian University Student Residence
- Follow up COVID-19 testing on day 10 of your mandatory 14-day quarantine
- If you have already been in Canada for more than 14 days and have completed your mandatory self-isolation with no symptoms, you do not need to undergo an additional COVID test or further 14-day self-isolation period to begin your studies at Cambrian College
- If however, you have developed symptoms of COVID-19 during or after your initial 14-day isolation period, or been in contact with someone who has, you will then have to undergo another 14-day isolation period from the onset of symptoms or potential contact
- After you have completed your mandatory 14-day self-isolation in Canada, we recommend that you book our Student Residence to stay for the first semester. Please visit our [Residence](#) page or let Cambrian College International know what your plans are ([internationaladvising@CambrianCollege.ca](mailto:internationaladvising@CambrianCollege.ca)). You may want to provide proof of your self-isolation
- If you are going to be on campus for labs, please be sure to complete the COVID education and training module found in Moodle. You can access it using your Cambrian ID number and password
- You will receive a certificate of completion for finishing the module. You will require this certificate to come onto campus

For more information about Cambrian College's Safe Arrival Plan or if you need help making arrangements, contact [internationaladvising@CambrianCollege.ca](mailto:internationaladvising@CambrianCollege.ca).

## Current International Students

- If you have already been in Canada for more than 14 days and are returning to Cambrian for classes this semester, you do not need to undergo a new COVID test or additional 14-day self-isolation period
- If however, you have developed symptoms of COVID-19 during or after your initial 14-day isolation period, or been in contact with someone who has, you will then have to undergo another 14-day isolation period from the onset of symptoms or potential contact
- Check the Academic Delivery Chart in the Academic Section of our [Re-open Guide](#) to determine if your program requires hands-on labs during the upcoming semester
- If you are going to be on campus for labs, please be sure to complete the COVID education and training module found in Moodle. You can access it using your Cambrian ID number and password
- You will receive a certificate of completion for finishing the module. You will require this certificate to come onto campus

# Student Residence

Our Student Residence is open. Our Residence is managed on a day-to-day basis by Campus Living Centres, which operates college and university residences across Canada.

We are working in full partnership with Campus Living Centres to ensure everything possible is done to ensure the safety and well-being of our students who call Residence home.

## What we are doing to reduce the risk of COVID-19 on Residence

- Resident Advisors and front desk staff will be available to assist you with your needs in residence. Our front desk will continue to be open 24/7. You can contact them at [info@cambrianresidence.ca](mailto:info@cambrianresidence.ca), (705) 566-8101, extension 7583, or in person once you are back on campus.
- Setting aside designated rooms for emergency self-isolation when required
- Prepare for contact-less or reduced-contact check-in with appropriate barriers
- During move-in, designated per-floor times and days, and limiting the number of visitors, to control and reduce the number of people on site
- Enhanced cleaning in common and high-traffic areas and high-touch surfaces
- All residents and staff will be required to wear a non-medical face covering while in Residence common areas and on-campus, aside from in your student residence bedroom. Wearing a mask at all times when you are outside of your private bedroom (in suites and townhouses) is recommended to help promote a safe living environment for all.
- Visitors are not allowed in residence at this time
- Lounges will be closed. Avoid lingering in common areas and instead connect with friends virtually
- Parcel pick-up and mail services will continue to occur. You will be notified by e-mail when there is a package ready for you to pick up at the front desk. The residence will only accept deliveries from mail and delivery services. We are unable to hold items left by friends and family or fast food delivery services.
- Educate students on appropriate cleaning & sanitization measures
- Students will be required to sign a COVID-19 Protocol Acknowledgement form prior to moving into residence, which outlines their responsibilities as a member of the residence community

## **What measures we will take if we have a suspected or confirmed case of COVID-19 on Residence**

Self-isolation/quarantine is a requirement for a suspected or confirmed case of COVID-19. A student may wish to return home or go to the home of a friend/family member for the mandatory minimum 14-day self-isolation period. If that is not possible, a quarantine room in Residence may be the only option

### **Supporting a student in Residence who has COVID-19 (we are here to help)**

- Assist the student in relocation to designated quarantine dorm room or townhouse (if necessary)
- Provide education on how to self-isolate/quarantine
- Ensure an adequate supply of food/meals available
- Assist with any financial aid that may be required
- Assist with any required medication arrangements and delivery, and physical health supports and services
- Assist with academic supports and mental health supports

### **Cleaning and Disinfecting Residence**

- If a student has quarantined in residence, the following steps will be taken:
- If the student is moved to a special quarantine suite, the student's regular suite will be closed
- The student's suite will then be cleaned and disinfected thoroughly
- Close and secure any common spaces that the student has recently used (i.e. kitchen, laundry) to allow for cleaning and disinfection. Common spaces will only be re-opened when safe to do so

# What Happens if we have a Confirmed Case of COVID-19 at Cambrian?

Your health and safety is what matters most. If there is a confirmed case of COVID-19 involving a member of the Cambrian community, we will do everything in our power to reduce the spread.

## What we will do

- We'll assess the situation and determine the potential risk to other members of the Cambrian community (students, faculty, employees, visitors)
- If the risk is sufficient (the person was on campus, the person had contact with other students, faculty, support staff, the student is living in Residence), we'll take the appropriate measures to reduce the risk of exposure and spread:
  - The College will make the determination, based upon up-to-date public health information, what measures are to be taken, including but not limited to deep cleaning of the area, closure of the area, cancellation of classes, or campus closure, etc. as required.
  - Public Health Sudbury and District may complete an inspection, if requested, to determine if additional measures should be taken or if additional enhanced safety measures or personal protective equipment should be considered.
  - We will inform the Cambrian community of the situation, as best we can, including our plans for the resumption of on-campus teaching. We will do this through e-mail, myCambrian and our COVID landing page on our website ([www.cambriancollege.ca/covid](http://www.cambriancollege.ca/covid))

*Note: Should you be diagnosed with COVID-19, follow Public Health Sudbury and District criteria for self-isolation. Do not present yourself at the College before obtaining written medical approval to return to the College, and present this to your supervisor or Dean.*



### Things to keep in mind

- If a person is diagnosed with COVID-19, that diagnosis is part of their personal, private health information
- Cambrian College is legally bound not to reveal this information in a manner that could lead to the person's identification
- We will provide as much information as possible to allow others to protect themselves from contracting or spreading COVID-19. You may also garner medical advice by calling Telehealth Ontario at 1-866-797-0000 or, if local in Sudbury, call the Health Sciences North COVID-19 Assessment Centre at (705) 671-7373 daily between 9 a.m. and 5 p.m.
- In the event of a confirmed case, Public Health Sudbury & Districts (PHSD) will be the lead agency, and conduct contact tracing with anyone who may have come into contact with the person diagnosed with COVID-19. PHSD will only release general information and nothing that would identify the person as a student/faculty/employee of Cambrian College

### What should I do if I think I have COVID-19 or been potentially exposed to someone who does

- Wherever you are, stop what you are doing.
- If you are experiencing severe symptoms (severe difficulty breathing, severe chest pain, feeling confused or unsure of where you are, losing consciousness), call 911 and/or seek medical attention right away
- If your symptoms are not severe or you have no symptoms, isolate yourself from others as quickly as possible
- If you live off-campus, go home right away and stay there, and try to avoid other people as much as possible. That means avoiding public transportation (i.e. transit bus)
- If you live in Residence, go to your room right away and stay there
- You can take a COVID-self assessment at [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus). You can also use that website to contact the nearest COVID-19 assessment centre in Ontario and book a COVID-19 test
- Employees – contact your immediate supervisor
- Students – contact your program coordinator. If you are also an employee at the college, contact your immediate supervisor.

# Guidelines for Coming to Campus

## (Various Scenarios)

You may have questions about whether you should come to campus if you or someone in your household (family member, roommate) is sick, especially if you have travelled recently.

We're passing along to you the guidance that we have received from Public Health Sudbury & Districts.

**It is very important to note that, while we cannot control what happens with COVID-19 out in the general community, we can control what we do to prevent the spread of COVID-19 on our campus.**

**Your role in this task** is to follow all infection-control best practices, including the scenarios described below, plus:

- Frequent hand washing
- Sneezing or coughing into your sleeve or a tissue
- Maintaining physical distancing
- Wearing a face covering when physical distancing is not possible
- Keeping a very tight social circle (bubble)

## Scenarios

### I'm feeling sick or ill

If you are experiencing [symptoms](#), stay home and [self-isolate](#) right away. Follow the direction from your health care provider, Telehealth, local public health authority, or the [COVID-19 Self-Assessment tool](#). If you receive a negative COVID test (or alternate diagnosis), you should only return to campus if you have no fever and once your symptoms have been improving for at least 24 hours. Other direction would apply if you have travelled outside of Canada in last 14 days, have been identified as a close contact of someone who has confirmed as having COVID-19, or and have not been directed by a health care provider (including Public Health) to isolate. Contact Public Health if any of these circumstances apply to you.

**A family member or my roommate is sick, but I don't have symptoms**

If someone you live with is experiencing [symptoms](#), limit your contact with them as much as possible, and take [preventative measures](#) such as cleaning any shared spaces frequently and practising good hand hygiene. If you do not have any symptoms, you can come to campus. [Monitor](#) yourself for symptoms and if you begin to feel unwell, stay home and self-isolate right away. Follow the direction from your health care provider, Telehealth, local public health authority or the [COVID-19 Self-Assessment tool](#).

**A family member or roommate is sick and awaiting a COVID test result, but I am not sick or have symptoms**

If someone you live with is experiencing [symptoms](#) and awaiting COVID-19 test results, they should self-isolate and you should avoid contact with them. Take [preventative measures](#) such as cleaning any shared spaces frequently and practicing good hand hygiene. If you do not have any symptoms, you can come to campus. [Monitor](#) yourself for symptoms and if you begin to feel unwell, stay home and self-isolate right away. Follow the direction from your health care provider, Telehealth, local public health authority or the [COVID-19 Self-Assessment tool](#).

**A family member or roommate is sick and has tested negative for COVID, but I am not sick or have symptoms**

If someone you live with is experiencing [symptoms](#) and has received a negative test result, limit your contact with them as much as possible, and take [preventative measures](#) such as cleaning any shared spaces frequently and practicing good hand hygiene. If you do not have any symptoms, you can come to campus. [Monitor](#) yourself for symptoms and if you begin to feel unwell, stay home and self-isolate right away. Follow the direction from your health care provider, Telehealth, local public health authority or the [COVID-19 Self-Assessment tool](#).

**I have returned home from international travel, but I am not sick or have symptoms.**

Under federal law, you must remain in self-isolation for 14 days from your return date. It's important to know that if you travel abroad or within Canada, you may come in contact with the novel coronavirus. Emergency orders under the Quarantine Act require any person entering Canada by air, sea or land to self-isolate for 14 days whether or not they have symptoms of COVID-19. As you self-isolate or quarantine, you must practice physical distancing at all times and [monitor](#) yourself for [symptoms](#). You are required to stay at your place of quarantine and not leave unless it is to seek medical attention; in such circumstances, you must not use public transportation. You must not have visitors and you must limit contact with others in the place of quarantine and wear a mask or face covering if physical distancing cannot be maintained. You must not go to school, work or any other places. For more details visit [Public Health Sudbury & District's website](#).

**A family member or roommate returned home from international travel, but neither of us are sick or have symptoms.**

It is required that those returning from international travel [self-isolate](#) for 14 days upon return. It is recommended that someone not quarantine in places where they cannot separate themselves from those they live with. You should [monitor](#) yourself for [symptoms](#), limit your contact with them, and take [preventative measures](#) such as cleaning any shared spaces frequently and practicing good hand hygiene. For additional information please visit the [government of Canada website](#).

**A family member, roommate, or classmate has tested positive for COVID, but I am not sick or have symptoms?**

If you are considered a close contact of a positive case, you will be contacted by Public Health with further direction. In general, you will be required to [self-isolate](#) for 14 days from your last exposure to the individual and seek COVID-19 testing. You can return to campus once you have been cleared by public health. If you have not been contacted by Public Health, you are not considered a close contact and can return to campus as long as you are not experiencing any symptoms.

## Key contacts or resources

- [ontario.ca/coronavirus](https://ontario.ca/coronavirus) – to take a self-assessment and find a nearby COVID testing Centre in Ontario
- [canada.ca/coronavirus](https://canada.ca/coronavirus) – to take a self-assessment and find a nearby COVID testing site outside Ontario
- Telehealth Ontario – 1-866-797-0000 – 24-hour guidance on health issues
- Public Health Sudbury & Districts – (705) 522-9200, [phsd.ca](https://phsd.ca), for information on the COVID situation and protective measures in Greater Sudbury

Thank you for taking the time to read our Campus Re-open Guide. We hope you found it helpful. Please refer to it often to help you prepare for your studies at Cambrian and for the eventual return to on-campus learning and working.

If you have any questions, you can send them to [covid@CambrianCollege.ca](mailto:covid@CambrianCollege.ca).

Thank you for being a part of the Cambrian community.