

Campbell College COVID-19 Information and Procedures

Our goal is to promote safety for our students and staff. Therefore, we set up the following procedures to assist everyone in doing so.

Procedures to follow before coming to the college

- Please do an online self-assessment every day before coming to the college. [AHS' COVID-19 Self-Assessment.](#)
- If you have any of the symptoms, please stay home.
- Any individual (experiencing symptoms of COVID-19 that are not related to a pre-existing illness or health condition) is required by **law** to follow Alberta's isolation requirements.

Procedures to follow when entering the college

- After entering the college, please wash your hands. You may do this in the washrooms or the kitchen. Also, remember to wash your hands often throughout the day.
- A physical distance of 2 metres (6 feet) is to be maintained at all times between all individuals who are physically present.
- Follow the maximum occupancy signs for each lab and classroom that are posted on the doors.
- Observe the directional arrows on the floor to prevent close contact.
- If two or more individuals are required to come within 2 metres of one another for the purpose of instruction, practice, or undertaking examinations, additional procedures must be followed by using PPE (masks) by all individuals in close contact.
- **You will need to provide your own mask/gloves (PPE).**
- Do not gather in the hallway as this limits general movement because others may be waiting down the hallway to enter the classrooms.
- The basement will be closed until further notice.

Using the Washroom

- When waiting for the washroom, use the markings on the floor to maintain distance (only one person in the washroom at a time). Make sure the **Occupied** sign is turned over before you enter the washroom.
- After turning the sign and entering the washroom, wash your hands, wash your hands again when finished, use the towel to open the door, turn over the occupancy sign to **Vacant**, and use the towel to open the side door to return to the college. Dispose of the towel in the garbage bin outside that door.

Enhanced Cleaning

You will find wipes and sanitizer throughout the College. Please use them as you deem necessary. We are increasing the frequency of cleaning and disinfection of high-touch areas inside and outside the classrooms (desks, chairs, keyboards, and mouse devices).

Use of shared items or equipment should be avoided. Equipment that must be shared should be cleaned and disinfected before and after each use and users should perform hand hygiene before and after each use. Stay in the seat you were assigned.

Make sure to maintain physical distancing at lunch. You could do this by going outside during nice weather as the lunchroom is not large enough to have more than a few people. The tables in the lunchroom are pushed to one side to enable people to use the microwaves, fridges, and sink. During rainy days, the upstairs location will be made available to you under supervision to insure proper safety.

Quarantine vs Isolation

One of the first critical steps to preventing further transmission of disease is the implementation of quarantine and isolation procedures.

When people are exposed to a contagious disease, they may not always get sick. If they do become sick, there will be a period of time between being exposed and becoming sick. It can take up to 14 days for people to start experiencing COVID-19 symptoms (e.g., fever, cough, shortness of breath/difficulty breathing, sore throat, or runny nose).

Quarantine and isolation refer to separating and restricting people from contact with all others to prevent transmission.

Quarantine:

- Done when people are not yet sick, but they have been exposed.
- Done when people are sick to keep them from infecting others.
- The quarantine period for COVID-19 is 14 days.
- This is required because it can take up to 14 days for an individual to develop symptoms.

Albertans are legally required to be in quarantine for 14 days either:

- Immediately upon return from travel outside of Canada, or
- If they are in close contact of a person who has tested positive for COVID-19.

Albertans are legally required to be in isolation for 10 days, or until symptoms resolve, whichever takes longer, if they:

- Are diagnosed with COVID-19.
- Develop a cough, fever, shortness of breath/difficulty breathing, runny nose, or sore throat not related to a pre-existing illness or health condition.

The following are restrictions and requirements for isolation:

- Remaining at home
- 2 metres distance from others at all times
- Not attending work, school, social events, or any other public gatherings
- Not taking public transportation

Rapid Response Plan

If a student or staff member tests positive for COVID-19, you must notify the college immediately, and others will be informed of a positive result without naming the person.

The college will then be closed for 14 days to make sure no one else gets sick.

Please keep yourself and each other safe by following these safety procedures.