

Trinity Western University

Student COVID19 Training Module

Fall 2020

Created by: TWU Public Health Team


TRINITY WESTERN UNIVERSITY



COVID-19: The Basics

- A new coronavirus discovered in 2019, it causes mild illness in most people, but can lead to severe health outcomes and even death in some cases.
- Symptoms range from a common cold like sore throat, cough and runny nose to fever, fatigue, body aches and difficulty breathing.
- It spreads through close personal contact with a person who is sick with the virus

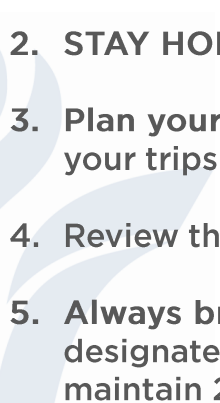
Resource: [HealthLink BC Covid-19 Info](#)



Please note the following guidelines are applicable to all TWU sites & all off campus TWU events. There may be other guidelines specific to areas and activities which you are expected to follow along with the general guidelines for all residents of BC. These expectations may change over time in response to government regulations.



Before Coming to Campus

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1. Complete a self-assessment through the [BC Thrive App](#) every time you come to any of our sites
 2. **STAY HOME** if you have any illness symptoms whatsoever
 3. **Plan your time:** try to group on-campus activities to reduce your trips and our overall capacity wherever possible
 4. Review the Visitor & Resident expectations [online](#)
 5. **Always bring a non-medical face mask** with you to wear in designated spaces like the Cafeteria & wherever you cannot maintain 2m physical distance with others

Resource: [BC's Response to COVID-19](#)



Who is in Your Bubble?

Bubble: a term in BC to define who you do not have to maintain physical distance with during this pandemic

➤ It includes the people you live with and maybe a few others; it should be a small group and should stay consistent over time.

At TWU your bubble does not automatically include your classmates, your teammates, your D-group members, your club members your co-student leaders...you get the idea!

➤ For TWU residents, your bubble does include your dorm or apartment roommates as they are your household.

➤ Please think of your bubble as having a 'budget' every person you add, increases risk to all the other people in your bubble. So spend it wisely, thinking through quality not quantity as the key in a pandemic.



Outside the bubble tips:

- The BC Provincial Health Office recommends activities outside our bubbles be smaller, with 2-6 people as much as possible
- Get outdoors as much as you can – this significantly reduces risk as the larger air volume disperses virus droplets quicker
- Maintain physical distance as the first method of preventing transmission, wear a mask as a second layer of protection
- Always wear a mask when car-pooling or accessing public transit**
- Avoid sharing food; bring your own or get take out
- Bring hand sanitizer with you & cleaning supplies to disinfect shared equipment when needed (Ex. If you're playing spike ball with friends, clean that ball and your hands regularly as it's covered with sweat, spit and anything lingering on you!)



While On Campus

- 1. Maintain Physical Distance: outside your bubble it's 2m or 6ft**
 - If you can put your arm out and not touch the extended arm of someone else, that's a helpful rough estimate of keeping enough distance
- 2. Clean your hands often: soap & water, or hand sanitizer**
- 3. Follow the posted capacity limits & expectations in all spaces; be respectful of those around you by paying attention to how you use shared spaces**
 - Examples: the Library, Cafeteria, Trinity Commons and other shared spaces in Residence Halls
- 4. Continue to monitor yourself for any signs of illness**
 - Please go home to self isolate immediately if you develop any symptoms while on campus.



If you are Sick with ANY Symptoms

- 1. Complete the self-assessment on the [BC Thrive App](#). Follow the directions for when & where to get tested**
 - Symptoms include more than just respiratory illness and we are always looking for a change in your normal health; if you have allergies or underlying health conditions, you are primarily looking for different or worse symptoms & we encourage you to consult a health care provider whenever you are uncertain.
 - Local Public Health teams call all positive cases of COVID-19 to provide specific recommendations & contact tracing
 - **If you are a resident student**, please call the Wellness Center to access COVID19 testing; you will self-isolate in your room until receipt of the results wherein the TWU Public Health team will help you navigate next steps.
- 2. If you are tested for COVID19 or have been instructed to quarantine by local Public Health, please complete a report of self-isolation [online](#) to notify & access support of the TWU Public Health Team**
 - We will help you work through any steps with local Public Health Authority as needed
 - PLEASE NOTE: All information is private, you will not be publicly identified in the event you are a case and contact tracing is needed on-campus



Residence Halls

1. **General Access:** keycard access for residents is limited to your building only.
 - Dorms are not allowed guests; Resident Directors and attached Community Facilitators will wear masks when they access your dorms as part of their jobs.
2. **Resident Shared Lounges:** for residents of that building only at this time.
 - First floor lounges may be used in future for hosted events if approved by Student Life and the TWU Public Health Team per the Health & Safety review process on campus for all face to face interactions
3. **Apartment Guests:** you get 1 registered guest for the semester
 - Further details provided to apartment residents; this person can be another apartment resident or someone off campus, but cannot be someone living in dorms.



Why the restrictions in res?

1. We are layering in protection to ensure that any single case or cluster has the least impact on the community as a whole
2. Home spaces, indoor living spaces are the primary setting for COVID19 transmission as it is in these places we engage in close contact, feel more relaxed and tend to lack the necessary vigilance with distancing and hygiene. Making residences the highest risk environment for contracting COVID19
3. We are protecting your living space, then your hall/floor, then your building all as means of minimizing impact and risk, just like requiring physical distancing in classrooms, masks in the cafeteria allow you to access those activities as safely as possible.



Have Questions?

TWU COVID-19 Website: <https://www.twu.ca/covid-19-information>

Government Resources:

[BCCDC COVID-19 Information for the Public](#)
[BC'S Response to COVID19](#)

Contact the TWU Public Health team:

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