

NORTHERN LIGHTS
COLLEGE
COMMUNICABLE
DISEASE PREVENTION

NLC is committed to providing a safe and healthy workplace for all of our staff.

NLC will follow direction and controls as specified by the BCCDC, the BC Ministry of Health, and the Provincial or Northern Health Medical Health Officer while continuing to monitor and liaise with these authorities on changes that may impact the institution.

Policy A-2.01 Communicable Diseases

https://www.nlc.bc.ca/Portals/0/documents/Policies/A-2_01.pdf

BCCDC Return to Campus Public Health Guidance

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Public_Health_Guidance_Campus.pdf

SAFE WORK PRACTICES

Hand Hygiene

Hand washing, proper coughing and sneezing etiquette, and not touching your face are the key to the prevention of transmission and therefore minimize the likelihood of infection.

Proper hand washing helps prevent the transfer of infectious material from the hands to other parts of the body – particularly the eyes, nose and mouth – or to other surfaces that are touched.

Wash your hands “well” and “often” with soap and water for at least 20 seconds (the time it takes to hum the “Happy Birthday” song twice). If soap and water is not available, use an alcohol-based hand rub to clean your hands.

“Often” includes:

- upon arriving and when leaving work
- after coughing or sneezing
- after bathroom use
- when hands are visibly dirty
- before, during and after you prepare food
- before eating any food (including snacks)
- before using shared equipment

“Well” means:

- wet hands and apply soap
- rub hands together vigorously for at least 20 seconds ensuring the lather covers all areas – palm to palm, back of hands, between fingers, back of fingers, thumbs, fingernails (using palm) and wrists
- rinse hand thoroughly with water

- dry your hands with paper towel (or a hand dryer), use the paper towel to turn off the tap and open the door, dispose of the paper towel

Additionally:

- Avoid touching your eyes, nose or mouth with unwashed hands
- Use utensils: consider using forks, spoons or tooth picks when eating and serving foods (especially snacks or “finger foods”)

Resource: WorkSafe BC Poster: Prevent the spread of communicable disease: Handwashing

<https://www.worksafebc.com/en/resources/health-safety/posters/prevent-spread-communicable-disease-handwashing?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23sort%3DRelevancy%26q%3Dcommunicable%2520disease%26f%3Alanguage-facet%3D%5BEnglish%5D&highlight=communicable%20disease>



Cough/Sneeze Etiquette

All staff and students are expected to follow cough/sneeze etiquette, which are a combination of preventative measures that minimizes the transmission of diseases via droplet or airborne routes. Cough/sneeze etiquette includes the following components:

- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing to reduce the spread of germs
- Use tissues to contain secretions, and immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- Turn your head away from others when coughing or sneezing

Resource: WorkSafe BC Poster: Prevent the spread of communicable disease: Cover coughs and sneezes

<https://www.worksafebc.com/en/resources/health-safety/posters/prevent-spread-communicable-disease-cover-coughs-sneezes?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23sort%3DRelevancy%26q%3Dcommunicable%2520disease%26f%3Alanguage-facet%3D%5BEnglish%5D&highlight=communicable%20disease>



HEALTH MONITORING

All faculty, staff, students and visitors must assess themselves daily for communicable disease symptoms (e.g., fever or chills, coughing, diarrhea) prior to accessing campus property. Avoid being at the workplace when sick.

The BC COVID-19 self-assessment tool is available at this link:

<https://bc.thrive.health/covid19/en>

The BCCDC When to get tested resource is available at this link, or call 8-1-1 to determine if you should get tested for COVID-19 if you are sick.

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/When_to_get_tested.pdf

PROVINCIAL HEALTH OFFICER ORDERS

NLC will follow all applicable Health Officer Orders. Full details on all orders are available at the link below.

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

Current Orders Applicable to NLC include:

Proof of Vaccination Order (under development) – Discretionary Services, Businesses and Events & On-Campus Housing:

Everyone on campus aged 12 and older (born in 2009 or earlier) will need to provide proof of vaccination via the BC Vaccine Card to access non-essential or discretionary services, businesses, and events on campus as of September 13, 2021. Examples of non-essential or discretionary services include, but are not limited to:

- Indoor ticketed concerts, theatre, dance, symphony and sporting events
- Indoor and outdoor dining at restaurants, pubs and bars (on-campus cafeterias are excluded)
- Gyms and recreation facilities (youth recreational sport is excluded)
- Indoor high intensity group exercise
- Indoor organized gatherings like conferences, meetings and workshops
- Indoor organized group recreational classes and activities like pottery and art

Those living in on-campus housing will be required to provide proof of vaccination. This requirement will be phased in over time, with students needing at least one dose of COVID-19 vaccine (be partially vaccinated) by September 7, 2021, and two doses (be fully vaccinated) by October 24, 2021. Both requirements will be in place until January 31, 2022, and are subject to extension. More details on implementation are forthcoming.

Face Covering (COVID-19) Order – Indoor Public Spaces:

Masks must be worn in all indoor public spaces in B.C., including post-secondary spaces by anyone aged 12 and older, including students, faculty, staff and visitors. This includes, but is not limited to:

- in all public indoor public spaces of post secondary institutions
 - o This includes lecture theatres, classrooms, teaching laboratories, and other indoor instructional settings
 - o Instructors and other presenters do not need to wear a mask when behind a barrier or two metres away from students while teaching in indoor public spaces

- in common areas of buildings open to the public, including in on-campus housing and office buildings (e.g., lobbies, hallways, bathrooms)
- in common areas of sport and fitness centres when not engaged in physical activity
- in coffee shops and restaurants, pubs and bars when not seated at a table

Masks are not required for workspaces such as office areas, research labs or shared offices that do not serve the public, or for meetings and seminars in small meeting rooms. Masks are also not required if a person is behind a barrier that separates them from other people, like a divider, cubicle, or in a room by themselves. Exemptions, including for those unable to wear a face covering, are detailed in the Order.

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-face-coverings.pdf>

Gathering and Events Order:

The Order of the Provincial Health Officer for Gatherings and Events currently restricts certain types of gatherings and events in B.C., including those on post-secondary campuses. This includes noneducational (i.e., non-essential or discretionary) activities, including graduation ceremonies, parties, recitals, and concerts. Current size limits are 50 people or 50% of a venue's capacity indoors (whichever is greater) or 5,000 people or 50% of a venue's capacity outdoors (whichever is greater). For example, if an indoor venue has a normal seated capacity of 600 people, 300 people can attend. Additional details and safety requirements are included in the Order.

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

The Gatherings & Events Order does not apply to educational activities at post-secondary institutions. Activities delivered as part of a formal education program (including, but not limited to lectures, labs, seminars, workshops, demonstrations, presentations, formal study groups, tutorials and orientation events facilitated by the institution) do not need to meet the requirements of the Order.