



COVID-19: IN-CLASS GUIDELINES



GENERAL MEASURES

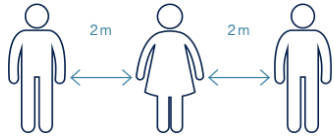


Community Check-In

- **Self-screen** – How are you feeling? Remember: do not come to campus if you have a fever, sore throat, cough, difficulty breathing, runny nose, or feeling unwell
- **Hygiene** – Wash hands regularly, avoid touching face, sneeze or cough into your arm
- **Physical Distancing** – Follow the seating arrangements, stay two metres apart, no shared surfaces or tools
- **Masks** – Wear a mask while in-class unless given permission to remove it by the instructor or have an accommodation/exemption
- **Traffic Flow** – Follow the designated traffic flow for entering, moving through, and exiting room
- **Furniture Placement** – Use designated furniture, do not move furniture without permission

PREVENTION AND PRECAUTIONS

Please remember to:



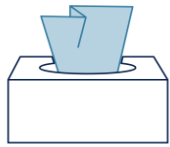
Practice physical distancing and avoid close contact with others.



Stay home if you are ill.



Avoid touching your eyes, nose and mouth.



Cough or sneeze into a tissue and immediately dispose of it in the garbage and wash your hands afterwards.



Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



Avoid prolonged personal contact, such as touching or shaking hands. Consider greeting others with a nod, wave or bow.



If you don't have a tissue, sneeze or cough into the bend of your arm.



Clean and disinfect frequently touched objects and surfaces.

REMEMBER...

What we can do to keep us all safe.



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WHAT TO DO IF UNWELL?



Non- Urgent:

1. Report your sickness to your course instructor
2. Go home
3. Email U of T's Occupational Health Nurse (ehs.occhealth@utoronto.ca) who will conduct assessment and contact tracing, and will provide further direction

NOTE: The University has suspended the need for a doctor's note or medical certificate for absences if experiencing COVID-19 symptoms.