

Public health measures such as **hand hygiene, respiratory etiquette, and environmental cleaning** are cornerstone public measures to protect individuals, their families and others against Influenza and other respiratory viruses, including COVID-19. (Government of Canada, Public Health “Public Health Measures to Mitigate COVID-19)

Frequent Hand Hygiene

1. Washing your hands with soap and water for at least 20 seconds is the best way to remove any germs. Dry with paper towel and dispose.
2. If soap and water are not accessible, apply hand sanitizer (use at least a dime-sized dollop) and rub over all surfaces of the hands, including under fingernails, until hands are dry
3. Touching one’s eyes, nose or mouth with unwashed hands should be avoided.

Respiratory Etiquette

1. Cover coughs and sneezes with a mask or a tissue to minimize dispersion of respiratory droplets to reduce germ or virus transmission.
2. Alternatively, cough/sneeze into the bend of your arm or sleeve, not your hand.
3. Refrain from hugging, kissing, handshakes.

Environmental Cleaning

1. Routine cleaning of frequently used surfaces and objects to help prevent transmission of germs from one person to the next. The virus that causes COVID-19 has the potential to survive in the environment up to several days.

If you are experiencing symptoms such as fever, coughing or difficulty breathing, please self-isolate/refrain from coming to class.