

COVID-19 General Safety Protocols

As North Island College students and employees gradually return to campus, the following safety protocols have been created to reduce exposure to the COVID-19 virus.

These general protocols will accompany specific program, cohort and campus safety plans, developed in consultation with public health guidance, to ensure a safe and healthy return to on-campus operations for everyone.

PREVENTION MEASURES

Stay home if you are sick

Students and employees who are sick should stay home to avoid spreading the illness to others.

Physical distancing

All students and employees will be required to maintain a two-metre distance (at least two arms lengths) from others.

Hand hygiene

Good hand hygiene is important. As one of the most effective ways to reduce the virus' spread, public health recommends washing your hands well and often, coughing and sneezing into your elbow, or a tissue that can be thrown away immediately, and not touching your face as the keys to the transmission prevention.

This includes washing your hands as per the following directions:

- Washing with soap and water for at least 20 seconds.
- Washing upon arriving and when leaving campus
- After coughing, sneezing or using the bathroom
- Before, during and after preparing, handling, serving or eating food
- Before using shared equipment
- After disposing of garbage or dirty laundry
- When hands are visibly dirty

Cleaning and disinfection

NIC has increased the cleaning frequency of classrooms and frequently touched surfaces during the pandemic, as follows:

	Shared equipment	Frequently touched surfaces	General classrooms, shops, labs with face to face instruction
Frequency	Between use	At least twice / day	Daily
Responsible	Equipment users (students, with faculty direction)	Janitorial contractor	Janitorial contractor
Example	Unique to individual classes, areas, to be determined by each program/course	door knobs, light switches, bathrooms, etc.	Chairs, tables, floors, etc. to be determined by faculty/department based on activity

Signage

Colour-coded signs will inform students and employees on the status of a space. Green signs will mean the area has been cleaned and is ready to use, while red signs will indicate the area has been used and is awaiting cleaning.

VIRUS SPREAD, EXPOSURE, INCUBATION

COVID-19 is most commonly spread from an infected person through the following measures:

1. Spread:

- Respiratory droplets when an infected person coughs or sneezes
- Close personal contact, such as touching or shaking hands
- The droplets land on surfaces (i.e. doorknobs, light switches, counters) and contaminate them AND/OR
- If the person coughs or sneezes into their hands, they can transfer the virus onto things they touch.

2. Exposure:

Another person can be exposed to the virus if:

- They are within two metres of the ill person and inhale infected droplets OR
- Touching something that has the infected droplets on it (i.e. doorknob, light switch) and then touch their eyes, nose or mouth.

3. Incubation:

- The exposed person may get sick with COVID-19 up to 14 days after exposure.
- If they become sick with symptoms compatible with COVID-19 (fever, cough, muscle aches, difficulty breathing, runny nose, sore throat or diarrhea), that person can start spreading the virus in the environment.
- It may be possible to spread the virus even when someone has no visible symptoms.

ADDITIONAL RESOURCES

In addition, the following BC Centre for Disease Control resources are available. Please click the links below for larger versions and printable pdfs.

- [CORONAVIRUS PREVENTION](#)
- [PHYSICAL DISTANCING](#)
- [HAND HYGIENE](#)