

NAIT COVID-19 Awareness Training (Interim – Student)

TO ENSURE A SAFE RETURN TO LEARNING ON CAMPUS.

Guidance Source: RCT
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The health and safety of staff and students continues to be the priority for NAIT.

NAIT is developing a course for all staff and students returning to campus that is forthcoming. This document is an interim measure which will share information and resources regarding COVID-19.

The purpose of this document is to provide general awareness training in order that:

1. Employees and students are protected from potential exposure to the COVID-19 virus,
2. The risk of infection in the event of an exposure is reduced.
3. NAIT is compliant with the Alberta Occupational Health and Safety Act 2.0 and the Government of Alberta Guidance for Post-Secondary Institutions.

The information provided is from valid sources of health information and practices including:

- Public Health Agency of Canada (PHAC)
- Alberta Health Services (AHS)
- Government of Alberta (GOA)

Students are encouraged to remain current with NAIT's updates and COVID related information by visiting the Relaunch Microsite.

www.nait.ca/relaunch

1. COVID-19

What is COVID-19?: The COVID-19 virus is an infectious disease caused by a new coronavirus, which has not been previously identified in humans. Dr. Deena Hinshaw, the Chief Medical Officer of Health (CMOH) of Alberta has deemed COVID-19 a hazard.

Transmission: The disease can spread from person to person through droplets from the nose or mouth, which are spread when a person coughs or sneezes. The virus can enter from these droplets through the eyes, nose, or throat if an individual is in close contact with a person who carries the COVID-19 virus. The virus is not known to be airborne (E.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

Symptoms

The symptoms similar to those for influenza or other respiratory illnesses. The most common symptoms include:

- Fever and cough
- Sore throat
- Runny nose
- Nasal congestion
- Shortness of breath
- Difficulty breathing

Those who are infected with COVID-19 may have little to no symptoms.

2. Health Screening

The Government of Alberta has directed that:

- Students must complete health screening on a daily basis when coming to campus

As such, students are required to conduct daily self-assessment checks using the [Alberta Health Services' self-assessment tool](#).

Take the COVID-19 SELF-ASSESSMENT

NAIT will provide more direction about the requirements regarding self-checks

YOU MUST NOT COME TO CAMPUS IF:

- **YOU ARE SICK**
- **YOU HAVE SIGNS OR SYMPTOMS OF COVID-19**
- **IF YOU HAVE RECENTLY TRAVELLED**

CONTACT AB HEALTH LINK AT 811 FOR INSTRUCTIONS

Any individual experiencing symptoms of COVID-19 that are not related to a pre-existing illness or health condition is required by law to follow Alberta's isolation requirements. Guidelines for Isolation requirements are available [here](#).

3. COVID-19 Safe Practices

NAIT is committed to ensuring that the use of preventative measures will minimize the potential exposure to the COVID-19 virus. It is critically important that we understand the potential for the spread of COVID-19 on our campuses, therefore the NAIT community is expected to:

- follow the preventative measures outlined in this document
- review the safety practices and procedures in order to keep everyone safe
- watch the videos that are embedded in this document
- keep informed and updated

STAFF AND STUDENTS ARE ALWAYS ENCOURAGED TO ADHERE TO THE SAFE PRACTICES, INCLUDING WHEN OFF CAMPUS.

3.1 Physical Distancing

All staff and students are required to practice physical distancing while on campus to help stop the spread of COVID-19. Physical distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce your risk of getting sick and help prevent spreading the virus to others.

To protect yourself and others:

- Keep at least 2 metres from others when going out in public
- Avoid overcrowding in elevators or other enclosed spaces, as per the posted limits or guidelines
- Use the stairs, or alternative routes where possible, and adhere to posted signage
- Wash or sanitize your hands after touching communal surfaces



The following video resource is provided on [COVID-19: Physical Distancing Works – Here's How!](#)

Link to video



Source: Alberta Health Services

3.2 Hand Hygiene

Hand washing, proper coughing and sneezing etiquette, and not touching your face are the keys to the prevention of transmission of COVID-19 and minimizing 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 “**often**” and “**well**” with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.

“**Often**” includes:

- Upon arriving and when leaving Campus
- 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 and after using shared equipment

“**Well**” means:

- Wet hands with warm water 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 hands thoroughly with warm 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, it is important to:

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



Source: Public Health Agency of Canada – [Wash your hands infographic](#)



3.3 Hand Sanitizer

There are important differences between washing hands with soap and water and using hand sanitizer. Soap and water work to remove all types of germs from hands, while sanitizer acts by killing certain germs on the skin. Although alcohol-based hand sanitizers can quickly reduce the number of germs in many situations, they should be used in the right situations. Soap and water are more effective than hand sanitizers at removing certain kinds of germs like COVID-19. Use alcohol-based hand sanitizers if soap and water are not available

3.4 Use of N95 Respirators

The N95 mask is typically worn by workers directly involved in an aerosol- generating medical procedure (as defined by Health Canada). An N95 mask is a protective barrier that is worn on the face, covers at least the nose and mouth, and is used to contain large droplets generated during coughing and sneezing. N95 masks help minimize the spread of potentially infectious material. **N95 masks must be fit tested.**

Medical masks and N95 respirators should be reserved for healthcare workers and this extends to staff and students working in a healthcare setting.

3.5 Use of Non-Medical Face Masks and Coverings or “Cloth Masks”

Wearing a homemade facial covering/non-medical mask in the community has not been proven to protect the person wearing it and is not a substitute for physical distancing and hand washing.

However, a cloth mask can be an additional measure taken to protect others around you, even if you have no symptoms. It can be useful for short periods of time, when physical distancing is not possible in public settings, such as when grocery shopping or using public transit.

Students are responsible for providing their own masks and wear masks as NAIT may direct during classes, labs, or other activities on campus.

The following video resource is provided on [COVID-19: How to use a non-medical mask](#)

Link to video



Source: Government of Alberta

Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own respiratory droplets (infectious or not).

Non-medical face masks or face coverings should:

- Allow for easy breathing.
- Fit securely to the head with ties or ear loops.
- Maintain their shape after washing and drying.
- Be changed as soon as possible if damp or dirty.
- Be comfortable and not require frequent adjustment.
- Be made of at least 2 layers of tightly woven material fabric (such as cotton or linen).
- Be large enough to completely and comfortably cover the nose and mouth without gaping.

Non-medical masks or face coverings should not:

- Be shared with others.
- Impair vision or interfere with tasks.
- Be placed on children under the age of 2 years.
- Be made of plastic or other non-breathable materials.
- Be secured with tape or other inappropriate materials.
- Be made exclusively of materials that easily fall apart, such as tissues.
- Be placed on anyone unable to remove them without assistance or anyone who has trouble breathing.

Limitations

Homemade masks are not medical devices and are not regulated like medical masks and respirators:

- They have not been tested to recognized standards.
- The fabrics are not the same as used in surgical masks or respirators.
- The edges are not designed to form a seal around the nose and mouth.

These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used in their construction.

Some commercially available masks have exhalation valves that make the mask more breathable for the person wearing it, but these valves also allow infectious respiratory droplets to spread outside the mask.

Masks with exhalation valves are not recommended because they don't protect others from COVID-19 and don't limit the spread of the virus.

Medical masks, including surgical, medical procedure face masks, and respirators (like N95 masks) must be kept for health care workers and others providing direct care to COVID-19 patients.

Source: Public Health Agency of Canada

3.6 Moving Around Campus and Navigating Common Spaces

- Follow signage that is posted.
- Walk on the right-hand side of the street/hallway wherever possible, creating one-way pedestrian traffic and minimizing contact with passersby.
- Keep to the right-hand side of sidewalks and pathways,
- allowing faster walkers to pass you.



Entry/Exit: Use automatic door buttons wherever possible to reduce touchpoints and use an object to press /push the door button where possible. Follow any “in” and “out” signs posted on building doors to allow people to keep their distance.

Elevators: No more than one person may use an elevator at any time unless there is sufficient space for two people to stand diagonally 2 metres apart. Where possible, use an object to press elevator buttons. Use stairs whenever possible.



Hallways and stairwells: Walk on the right in stairwells and hallways. If there is not sufficient space to maintain a 2 metre distance, yield to oncoming traffic. Be sure to wash your hands or use a hand sanitizer after touching handrails or other surfaces. Follow any directional tape or signage indicating traffic flow.

Washrooms: Obey all signage indicating sink and stall closures to maintain proper distancing.

Staff and students are expected adhere to the Safe Practices.



3.7 Using Gloves

Donning Gloves

- Wash hands with soap and water or apply hand sanitizer before donning gloves.
- Select properly sized gloves.
- Don one glove per hand.
- Inspect gloves for any tears or holes and replace gloves if any defects are detected.



Doffing Gloves

- Grasp the outside edge near your wrist.
- Peel away from your hand turning the glove inside-out.
- Hold in opposite gloved hand.
- Slide ungloved finger under the wrist of the remaining glove.
- Peel off from inside, creating a bag for both gloves.
- Discard gloves in garbage.
- Careful not to contaminate yourself
- Wash hands with soap and water or apply hand sanitizer after doffing gloves.



3.8 Safety Glasses

Donning

- Wash hands with soap and water or apply hand sanitizer before donning safety glasses
- Remove the safety glasses from storage container
- Place safety glasses directly on your face
- Do not set safety glasses on surfaces

Doffing

- Wash hands with soap and water or cleanse with apply hand sanitizer
- If wearing gloves, remove gloves prior to removing safety glasses.
- Remove glasses, avoid touching your eyes or face

- Clean safety glasses with soap and water,
- Let safety glasses dry thoroughly before storing
- Place glasses in a clean plastic container or zip-top plastic bag for reuse.
- Wash hands with soap and water or apply hand sanitizer afterwards.

3.9 Cleaning and Disinfection

The COVID-19 virus can be spread by touch if a person has used their hands to cover their mouth or nose when they cough or sneeze. The contaminated droplets are spread through human-to-human direct and indirect contact. Cleaning and Disinfecting is required for surfaces, equipment and public spaces which have been potentially contaminated.

Custodial Services are cleaning these commonly touched areas in public spaces:

- Light switches
- Doorknobs
- Toilets and sinks
- Taps
- Handrails
- Table-tops
- Elevators
- Work benches
- Chairs

Students may be expected to assist with cleaning and disinfecting within their labs and shops, particularly where equipment, tools, work benches, laboratory resources and other material are shared.

Departments and Programs will be provided further guidelines as applicable.

4. Safety Plans

Departments and Programs are working to address the safety requirements to deliver labs, workshops, simulations and other experiential learning in a COVID-19 environment. They are developing and implementing a variety of specific controls where necessary to include:

- Use of barriers and guards
- Use of alternative layouts to ensure 2-metre spacing
- Changing and adapting procedures
- Adding signage and other markings
- Providing sanitizer
- Cleaning and sanitation measures
- Additional PPE requirements

4.1 Operating in Close Proximity

Where the need to breach the 2 metre physical distance for brief periods of time is required during learning activities Departments / Programs will create and implement procedures that will minimize the frequency and duration of the breach where possible.

Other measures will be implemented consistent with COVID-19 controls and practice. Departments and Programs will have further guidelines for close proximity work.

5. Additional Safety Measures

The Government of Alberta has directed that:

- Student attendance is to be tracked

5.1 Attendance Tracking

NAIT has developed a “Check-In Form” to support tracking. Students, staff, industry clients and visitors come to campus need to complete and submit this form each day they are on campus. Please indicate your primary destination on campus on the form.

Students will complete the online CHECK-IN FORM daily.

www.nait.ca/check-in

5.2 ABTraceTogether

The NAIT community, including students, are encouraged to download and use Alberta’s voluntary contact tracing app, [ABTraceTogether](#). The mobile app enables community-driven contact tracing to support existing efforts to fight COVID-19. ABTraceTogether will be a tool to complement traditional manual contact tracing completed by public health officials. Alberta has more information and details available including answers regarding [Frequently Asked Questions](#).

The following video resource is provided on [Fight COVID-19 with the ABTraceTogether](#)

Link to video



Source: Government of Alberta

5.3 Keeping Informed and Up to Date

Despite recent progress, the risks of the pandemic have not disappeared and our understanding of COVID-19 continues to evolve. The best advice for now is to err on the side of caution. Combat the tendency to impatience by being informed about the risks and taking the appropriate measures to protect yourself, your loved ones, and those around you. Engage and communicate with your colleagues,

discuss concerns, find solutions, and establish routines and good personal habits. Be mindful of all actions and interactions and be slow to judge or disparage others.

Students are advised to check back regularly with the [NAIT Relaunch Microsite](#) which contains:

- Information for students
- Latest updates
- Details regarding NAIT's Relaunch
- Resources and information regarding COVID-19

