COVID-19 Guidelines
For Students Living In Residence
Revised January 13 2022
How to Prevent COVID-19

- **Get vaccinated.** It is a requirement of the BC government that students living in on-campus student housing are vaccinated.

- Learn about the symptoms of COVID-19.

- Wear a three (3) layer mask in all common spaces of Residence.

- When on campus, follow the UVic mask policy in classrooms and buildings.

- **Wash your hands** with soap and water or use hand sanitizer often.

- Respect social distancing in common areas (maintain 2 meters when possible).

- Cough or sneeze into your elbow.

- Follow residence Guest Restrictions and Occupancy Limits (see below).

- Spend time with friends outdoors in groups of less than 6 people.

Residence Guest Restrictions and Occupancy Limits (January 2022)

- Off-campus guests and visitors are NOT allowed into any residence buildings, rooms, or Cluster units, or in the residence precinct, until the end of April 2022.

- Temporary occupancy limits are in place until further notice:
  - Cluster is restricted to a maximum of 8 people at any one time
  - Single dorm rooms are restricted to a maximum of 2 people at any one time
  - Double dorm rooms are restricted to a maximum of 4 people at any one time.
If you Have Symptoms or Have Been Exposed to Someone with a Positive Case of COVID-19

- **Always wear a 3 layer mask in common spaces** (bathrooms, lounges and hallways) in residence.
  - Stay away from others until you receive medical advice.

- **Call 811 (HealthLink BC) immediately.** You will be connected to a healthcare professional for advice which may include directions to:
  - Self isolate and/or
  - Get tested or
  - Self-monitor (for exposures only)

- See below for how to “self-isolate” in residence.

- See below for how to “self-monitor.”

- Review the [BCCDC website](https://www.bccdc.ca) for additional information and guidance.

- Follow the directions of the [healthcare professional](https://www.bccdc.ca) if you are told you are eligible to access testing for Covid-19.

**Residence Services Contact:**
Covid-19 Support Phone: 250-721-8804 (10am to 6pm Mon-Fri)
Email: rescovidsupport@uvic.ca (Monitored 10am-6pm Mon-Fri and 8am-4pm Sat/Sun/Statutory holidays)
Outside these hours: 250-721-8395 or email housing@uvic.ca
How to Self-Isolate In-Place

- **Contact RESS Covid Support** if you have symptoms, or have tested positive for Covid-19, or have been asked by a medical professional to self-isolate.
  - RESS COVID support can be reached at **250-721-8804** or email **rescovidsupport@uvic.ca** daily 10:00 am to 6:00 pm.
  - Outside of these hours call the Front Desk at **250-721-8395**.
  - This will connect you with a care package and we will set up meal delivery to your room (if you are on a meal plan.) *See below for information on the self-isolation meal plan.*

- **Stay in your dorm, apartment or Cluster room and do not allow any guests in your room.**
  - If you are in a double room, your roommate may be moved temporarily to another location while you self-isolate.

- **If you live in an apartment or Cluster unit, you will be asked to self-isolate in your bedroom or apartment.**
  - Residence Services can assist with grocery delivery. If needed, contact us before you place an order.

- **Wear a 3 layer mask at all times** when you open your door or leave your room to use the bathroom, or to use your shared Cluster kitchen.
  - If sharing a kitchen in Cluster, use the kitchen in a non-busy time to keep your roommates safe.
  - Wipe down hard surfaces after use with the disinfectant wipes supplied in your Care Package after you have used the kitchen or bathroom.
  - Eat your meals in your bedroom away from others.

- **Stay six feet or two meters away from others.** Do not enter common lounges in dormitory buildings or living rooms in Cluster units.

- **If you must share a bathroom:**
  - Turn on the fan or open the window.
  - Clean handles and faucets after each use.
  - Avoid sharing personal items like toothbrushes and towels.
  - Put down the toilet lid before you flush (if applicable).
How to Self-Isolate In-Place

- **Use common or shared bathrooms in non-busy times** to avoid meeting others. Wear your mask unless you are showering or brushing your teeth.

- **Use the disinfection wipes** supplied in your Care Package to disinfect hard surfaces that you touch when using common or shared bathrooms. This includes handles in bathrooms or on doors, and counters or sinks in bathrooms.

- **If you are on a meal plan, meals will be delivered to outside your room. Do not enter the MOD or other dining facilities.**
  
  - Arrange meal delivery when you enter self-isolation by calling Residence Services:
    - RESS COVID support can be reached at **250-721-8804** or email **re covidsupport@uvic.ca** daily 10:00 am to 6:00 pm.
    - Outside of these hours call the Front Desk at **250-721-8395**.
  
  - You will be asked to select a vegetarian or non-vegetarian meal plan for the duration of your self-isolation period.
    - **Unfortunately, due to the anticipated volume of meal deliveries in January and February, we will be unable to provide individualized meal selection.**
    - You can view the daily menu online at the UNFS [website](#).
    - If you have questions about the menu, email **unfsdelivery@uvic.ca**.
  
  - Meals will be delivered to your room during the following times:
    - Breakfast: 8:30 am to 10:30am
    - Lunch: 12:00 pm to 2:00pm
    - Dinner: 5:30 pm to 7:30pm

- Residence and Food Services staff will knock on your door, place your packaged meal in front of your door, and ensure that you open the door to retrieve it.
How to Self-Isolate In-Place

- If you do not answer their knock at breakfast or lunch, your meal will be removed and staff will attempt to deliver it later, or it may be left in your building fridge to pick-up.
  - You will be left a note under your door if your meal is available to pick up in your building fridge.
  - Fridges are located at or near the entrance to your building (first floor lobbies or first floor lounges).
  - Wear your 3 layer mask and stay a safe distance (6 feet or 2 meters) from others if you have to pick up your meal from the fridge.
  - If you want to heat up your food in a microwave in the common lounge, wear your mask and only use the room when it is not busy. Stay 6 feet or 2 meters away from others.

- You can order health or personal supplies from the Campus Pharmacy by calling 250-721-3400. You will be phoned by Residence Services staff upon delivery of your items to our front desk, and they will be delivered to your room as soon as possible.

- RESS staff will provide garbage pick-up from your room. You will have a supply of small garbage bags in your Care Package.
  - Line your garbage bins with plastic bags.
  - Do not leave your unit to dispose of garbage. Tie your garbage bags and leave them outside your unit entrance door by 10:30 am each day.
  - If you require more plastic bags contact rescovidsupport@uvic.ca and they will assist with arranging bags delivered to your unit.
If Your Roommate in a Double Room Tests Positive

- You may be asked to move temporarily to a different room in a different building and be asked to “self-monitor” for symptoms. See below for How to Self-Monitor.
  - We have a limited number of empty single rooms available for roommates of sick residents. These rooms are within existing residence buildings and are equipped with linens for your temporary stay.
- If you are assigned a temporary room, we will deliver keys to your on-campus personal mailbox.
  - Your mailbox is located either outside of the Craigdarroch Office or in Ring Road residence, depending on your current room assignment.
- You will need to pack up to 5-7 days’ worth of clothing and supplies for your stay.
  - Don’t forget books, laptops and digital devices.
  - We may arrange for you to use laundry facilities on a case by case, emergency basis.

How to Self-Monitor

- You should self-monitor for symptoms of COVID-19 for 10 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days.
- If you have no symptoms of COVID-19, you do not need a test.
- If you develop symptoms, call 811 and follow the Self-Isolation protocols in this brochure and as directed by a medical professional.
Keeping Well In Self-Isolation

It is normal to feel stress, anxiety, or sadness during this time. Remember, self-isolation is temporary.
Reach out to family, friends and campus resources.

UVic Mental Health Resources

- **Counselling**: UVic counsellors are offering appointments by phone. Call 250-721-8563 for an appointment: (Monday, Wednesday, Thursday and Friday, 8:30 am to 4:30 pm, Tuesday 10:30 to 4:30).

- **Support Connect**: SupportConnect is a 24/7 mental health support service for Uvic students, via phone, online, video or in person. Toll-free 1-844-773-1427.

- **Health**: Call 250-721-8563 to make an online appointment with a Doctor, or access a Nurse: (Monday, Wednesday, Thursday and Friday, 8:30 am to 4:30 pm, Tuesday 10:30 to 4:30).

- **Multifaith**: Connect with programs or directly with a Spiritual Care Provider. Call 250-721-8338 or email multifaith@uvic.ca.

Physical Wellness Resources

- For urgent support, call 911.

- For general medical advice, call 811 (Healthlink BC).

- Call the **UVic Student Wellness Centre** at 250-721-8563 and press 5 to be connected to a Nurse.

Community Mental Health Resources

- **Vancouver Island Crisis Line**: (24/7) 1-888-494-3888.

- **Here2 Talk**: (24/7) Confidential counselling and referrals for BC postsecondary students.

- **Hope for Wellness Help Line**: Available to all Indigenous peoples across Canada for crisis intervention by experienced and culturally sensitive counsellors 1-855-242-3310.

Academic Accommodations

- Advice for students on missing class 2
- Review the Request for Academic Concession information for updated information

Accessibility Needs

- Contact Residence Services at 250-721-8395 if you have specific needs in regards to temporary accommodation.
- Contact the Centre for Accessible Learning for academic support. If you are registered with CAL, contact 250-472-4947 or calfrontdesk@uvic.ca for support with accessing your courses or materials.
- If you are not registered with CAL you may still be eligible to use the Learning Assistance program.

Indigenous Students

- The Office of Indigenous Academic and Community Engagement offers Indigenous student support services. Check their website for online services or email iaceservices@uvic.ca.

Equity and Diversity

- UVic states that “no person should be targeted in any way or subjected to discrimination resulting from a misplaced perception that they may be a carrier of a communicable disease based on their perceived disability, race, ancestry, place of origin or otherwise”.
- If you believe that you are being targeted or harassed, contact the Front Desk in Residence Services immediately at 250-721-8395 and ask to speak to a Neighbourhood Manager.

Additional Resources

- Covid-19 and Sex
- Covid-19 and Vaping and Smoking
**Important Contacts**

- For emergencies: Call 911 and/or Campus Security at 250-721-7599.
- Vancouver Island Crisis Line (24/7) 1-888-494-3888.
- For on-campus health care or counselling: Call the UVic Student Wellness Centre at 250-721-8563.
- For UVic 24/7 Counselling service (SupportConnect), call:
  - 250-999-7621 (local)
  - 1-844-773-1427 (long distance)
- For Residence Services assistance, email rescovidsupport@uvic.ca or call the Front Desk at 250-721-8395 and they will forward your call to staff who can assist you.
- For 24/7 health information: Call HealthLinkBC at 811.
- Here2Talk (24/7) is a BC government program that provides confidential mental health counselling and community referrals for BC post-secondary students through app, phone and web.

**Confidentiality**

Residence Services and other UVic staff will handle your personal information with discretion. Residence Services shares the minimum information needed with other university staff, as outlined below.

We encourage you to limit the people you share your medical information with. It is important that you keep your parents or guardians informed of your situation if you are asked to move into our temporary accommodation for isolation. Residence Services does not share information with parents or guardians except in exceptional circumstances.

In the event of a positive case of Covid-19 in a residence community, any communication with other residents for self-monitoring or contract tracing purposes will be done with the guidance of the BCCDC, Island Health communicable disease department, UVic Student Wellness Centre, and will follow UVic privacy policy guidelines.

- Campus Security receives nightly reports of student names and room numbers in residence for emergency response purposes.
- Food Services supervisors will be informed of student names and locations for meal deliveries.
- Supervisors from departments such as Facilities Management or University Systems will be made aware of self-isolation locations only in order to ensure use of PPE and social distancing protocols if and when entry is required.
- UVic Covid-19 Case Response Team will be informed if there are positive cases in residence.