

COVID-19 SAFETY ORIENTATION - 2022 (UPDATED MARCH 2022)

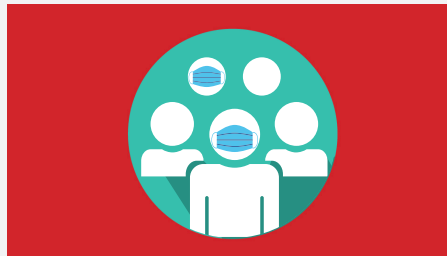
ONGOING SELF-MANAGED PRECAUTIONS



HEALTH ASSESSMENT

Perform a personal health assessment each day before coming JIBC campus or attending JIBC activities at other locations – use the [BC Thrive Assessment tool](#)

- If you have symptoms stay away
- If you feel ill when already on campus – go home if safe to do so or notify First Aid for help
- Rapid Antigen (RA) Tests may be used to help confirm whether your symptoms are COVID-19. Note: even with a negative test you must stay away until any fever is resolved and other symptoms improve. See BCCDC for info.



CHOOSE WHEN TO WEAR A MASK

It is currently optional whether to wear a mask on JIBC campuses or activities. Please respect those who choose to do so. Each person must evaluate their own risk level.

Mask requirements may increase or decrease based on **local** conditions and MHO guidance. Follow changing guidance as posted.

If you have forgotten a mask – one is available from Campus Security or a Campus Administrator.



RESPECT PERSONAL DISTANCE

Campuses are operating safely at full capacity. It remains important to respect personal space and spread apart in the space that is available. Whenever possible leave some space between yourself and your neighbour.

Whenever possible leave an empty chair space between yourself and your neighbour. Distance requirements may increase or decrease based on **local** conditions and MHO guidance. Follow changing guidance as posted.



WASH YOUR HANDS

Wash your hands with soap and water or use hand-sanitizer regularly:

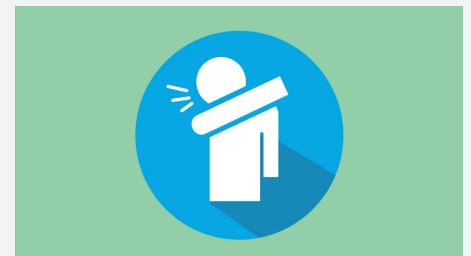
- When you enter and leave a building or class
- Before you eat
- After using washrooms



WORK-PODS

You may be assigned to a small group “work pod” or “cohort” in your class for close-contact activities. Limit your close contacts to that pod. Even pod-mates should move apart whenever possible to reduce duration of close exposure.

Pods reduce the chance of exposure for the whole class in case someone is asymptomatic (ill but not experiencing symptoms yet).



COUGH/SNEEZE ETIQUETTE

Use cough/sneeze etiquette to reduce projecting respiratory droplets.

Cover your mouth and nose with a tissue or the bend of your elbow, then immediately dispose of the tissue properly, and wash your hands as soon as possible.



VACCINATIONS

Full Vaccination, including getting booster shots as soon as you receive your appointment invitation (approx. 6 months after your second shot) is extremely important! Everyone who can get the vaccine should. If you are not vaccinated your risk of serious illness is high.

Vaccine confirmation is not required for employment or educational activities at JIBC (except for specific instructional or practicum placements in organizations subject to vaccine mandates/policies such as healthcare).

HOW IT SPREADS

Coronavirus is spread from an infected person through respiratory droplets and aerosols (smaller droplets) expelled when they talk, sing, shout, cough, or sneeze.

SYMPTOMS

Symptoms of COVID-19 are similar to other respiratory illnesses like the flu and common cold. Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, loss of sense of smell, headache, muscle aches, diarrhea, vomiting, fatigue, and loss of appetite.

Go to emergency or urgent care if you: find it hard to breathe; have chest pain; or can't drink liquid.

RISK ASSESSMENTS

JIBC regularly assesses the risks of our activities for both students and staff and establishes appropriate controls based on current guidance from the Ministry of Advanced Education and Skills Training, WorkSafeBC and the Public Health Officer. Rules and expectations for employees and students participating in our activities are specific to our hazards and circumstances.

These rules and expectations may be more stringent than those set out for the general public in provincial or regional Orders.

CLOSE CONTACT ACTIVITIES

Due to the applied learning that is integral to JIBC training, some activities cannot be completed while maintaining physical distance – you need to move in close. Limiting the time duration of very close face-to-face contact can reduce potential exposure and therefore transmission. By moving apart and spreading out in the available space between each required close contact activity you can help manage exposure time.