

(updated January 9, 2023)

Department of Biological Sciences

1) COVID-19

- a. Students/workers who have recently **travelled in Canada** must follow Current Public Health Orders for self-isolation (<https://www.gov.mb.ca/covid19/prs/orders/index.html#travel-self-isolation>). See the latest Information for Manitobans on “ Self-Isolation after Travel” for public health recommendations at <https://manitoba.ca/covid19/info-for-mbs.html>. Individuals who have recently **travelled internationally** must follow federal testing and self-isolation requirements (<https://travel.gc.ca/travel-covid/travel-restrictions/isolation>).
- b. **Self-isolation and contact tracing:** students/workers should follow the U of M existing self-isolation protocols (<https://umanitoba.ca/covid-19/health-safety#testing-and-illness>). If you have been in contact with suspected/probable/confirmed cases of COVID-19 you must follow Current Public Health Orders <https://www.gov.mb.ca/covid19/prs/orders/index.html#travel-self-isolation> and review the Information for Manitobans at <https://manitoba.ca/covid19/info-for-mbs.html>. Public health recommends self-monitoring for symptoms during 14 days for people who have been in contact with others who have symptoms or tested positive for COVID-19.
- c. If a student/worker has a family member/roommate who is self-isolating in the same accommodation, there are still some risks of contamination even if social distancing, masks and disinfectants are used. **Discussion with the supervisor is recommended.**
- d. Before coming to the University students/workers should review the COVID-19 Screening Questions (https://www.gov.mb.ca/asset_library/en/coronavirus/covid19_screening_checklist.pdf) of the UM COVID site (<https://umanitoba.ca/coronavirus/latest-updates-and-safety#safety-measures-and-information> - Safety measures and information – Complete this questionnaire). This site provides flow charts for students/workers who have been advised to self-isolate/received COVID app alert.
- e. Review the list of symptoms that is posted at the following link <https://www.gov.mb.ca/covid19/index.html> for COVID-19 symptoms.
- f. Stay home if you do not feel well or if you have ANY COVID-19 symptoms (even if they are mild):
 - Any cold or flu-like symptoms (cough, headache, muscle aches, sore throat/hoarse voice or runny nose)
 - Fever or increased temperature/chills
 - Loss of taste or smell
 - Shortness of breath and/or breathing difficulties
 - Vomiting or diarrhea for more than 24 h
 - Fatigue
 - Nausea or loss of appetite

- Conjunctivitis (pink eye)
 - Skin rash of unknown cause
- g. A worker experiencing any of the above symptoms should check this link for testing sites:
<https://wrha.mb.ca/covid-19-testing-sites/>
PCR testing is now available through primary health care providers for eligible individuals. For more information about eligibility, visit: www.gov.mb.ca/covid19/testing/testing-eligibility.html
- h. **If a worker is COVID-19 positive (identified by PCR or RAT):**
- If you have been on site, please contact your supervisor/instructor (cc the Head of the department).
 - The information will be held in confidence in accordance with the Personal Health Information Act (PHIA).
 - If you have not been on site, please contact your supervisor (cc the Head of the department).
 - The University requires individuals who have tested positive to isolate for **5 days** from symptom onset and until you have no fever and symptoms have improved over the past 24 hours.
 - If workers do not have symptoms but have tested positive, they should isolate for 5 days from their test date.
 - During isolation workers **must not come to campus**.
 - Review <https://umanitoba.ca/coronavirus/health-safety> (Testing and illness) for additional information.
- i. Check regularly the latest COVID-19 updates on campus at:
<https://umanitoba.ca/coronavirus>
<https://umanitoba.ca/coronavirus/staff-faculty-researchers#Latest-updates-and-information>
<https://umanitoba.ca/coronavirus/staff-faculty-researchers#instructors-advisors-and-supervisors>
<https://umanitoba.ca/coronavirus/latest-updates-and-safety#latest-covid-19-updates>
- j. For weekly reports on current activity of COVID-19 in MB check this link:
<https://www.gov.mb.ca/health/publichealth/surveillance/covid-19/index.html>
- k. Workers/students are expected to follow provincial health and safety guidelines when not at work. Do not come to work if you are unwell.
- l. Students/workers should follow the University “Enhanced Cleaning and Hygiene Measures” posted at <https://umanitoba.ca/covid-19/health-safety> (including frequent handwashing with soap, coughing or sneezing into elbow, not touching face, cleaning work surface frequently).
- m. Students/workers who have concerns about returning to their workplace should talk to their supervisor.
- 2) Workers/students who have COVID-19 symptoms at work
- a. Should leave the workplace immediately to go home, wearing a mask.
 - b. Maintain the physical distance from others while leaving the building.
 - c. Use the Shared Health Screening Tool (<https://sharedhealthmb.ca/covid19/screening-tool/>).
 - d. Should check the link (<https://manitoba.ca/covid19/testing/testing-eligibility.html>) for testing eligibility.

- e. Notify the supervisor and the Head of the Department as soon as possible.
 - f. Workers/students who may have been exposed to suspected/probable/confirmed cases of COVID-19 at the university should be rapidly informed and review the self-isolation recommendation (see section 1b) to prevent potential spread of the virus.
 - g. The lab(s)/office should be sanitized following the institutional sanitization SOP (70% ethanol) (<https://www.biorxiv.org/content/10.1101/2020.03.10.986711v1.full.pdf>).
 - h. Sanitizing time, location and protocol should be recorded.
- 3) Travel to the university
It is recommended to wear a mask when using public transit or sharing a vehicle with others not from your household
- 4) Workers in a lab/office.
- a. Maintain physical distance (2 m) between workers/students in offices when masks are removed for drinking/eating
 - b. Masks (KN95 highly recommended, 3-ply medical ASTM Grade 2 masks acceptable) are mandatory indoors on UM campus even when physical distancing is possible. Masks should be properly fitted. The only exception is when you are alone in an office or room with the door closed. Check regularly umanitoba.ca/coronavirus for updates.
 - c. Develop a protocol to disinfect surfaces and shared equipment (including computers). Review the need to wear gloves.
- 5) Building entrance and circulation in stairs/hallways (follow instructions posted in each buildings). KN95 or 3-ply medical ASTM Grade 2 masks are required when indoors at all times
- 6) Elevators
- a) Masks are mandatory in elevators.
 - b) Physical distancing is recommended. Stand at least 2 m away from the doors and wait for elevator occupant(s) to leave the area before entering.
- 7) A revised safety protocol has been developed for the use of the lunchrooms.
- a. A revised maximum occupancy has been determined for each building, with 20 min time slots allocated to each lab/group of labs (schedule posted on the door).
 - b. Sign- in and -out sheets will be posted on the door.
 - c. The lunchroom will remain available before and after the reserved lunch hours – Sign-in/out required
 - d. Physical distancing (2 m in lunch spaces) should be maintained; masks should be removed only for eating or drinking.
 - e. One person at a time in the kitchen area.
 - f. Hand sanitizing is recommended upon entry and exit.
 - g. All surfaces touched should be disinfected.
- 8) Masks are required in the washroom.
- 9) Use of personnel protective equipment (PPE) and non-medical masks.
- a. Wearing a mask (KN95 or medical 3-ply ASTM Grade 2) is required in all indoor spaces (hallways, lobbies, labs, classroom, study spaces, offices, elevators, washroom, greenhouse). Regularly check the University COVID-19 website (umanitoba.ca/coronavirus) for update on the topic.

- b. Masks are not required if someone is alone in an office/room and physically distanced from others.
 - c. KN95 masks can be generally worn more than one day if they are not soiled, damp or damaged. For information on masks see: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>
 - d. Face shields/N-95 masks and gloves could be used for specific training on a piece of equipment or during a lab procedure.
 - e. Face shields/masks do not replace physical distancing.
 - f. Use individual glove boxes (labeled).
 - g. Given air circulation in buildings and asymptomatic transmission of COVID-19 the need to wear masks in some locations such as small labs, should be reviewed.
 - h. Gloves in use in research labs should never be used when someone exits the lab. Dispose of used gloves before exiting the lab and put on a new pair if required. When transporting hazardous chemicals from one lab to another one use the one-glove rule (that should be posted in your lab).
- 10) Use posters to remind workers/students about hand-hygiene practices. Routinely wash hands at the designated hand-washing station (close to the entrance/exit if possible) and when entering/exiting the lab. Hand sanitizer and soap should be available. Sanitize the work stations daily after completing lab work. The first person into the lab/office will turn on the lights and sanitize the switch. Anyone leaving after a certain time of day will turn off the light and sanitize door handles and light switches on the way out. Door handles should be sanitized regularly by lab/office occupants.
- 11) Hand sanitizer should be available in hallways and building entrances.
- 12) Ask workers/students to maintain a record of their working hours, location, and contact with anyone. Maintain record of non-lab members entering the lab (workers/students using a specific piece of equipment or Physical Plant)
- 13) Review the working alone policy in your lab, and update all emergency contact numbers and phone availability for supervisors and other lab users.
- 14) In-person meetings are permitted in indoor and outdoor spaces on campus in adherence with provincial restrictions and the university Health and Safety protocols (maximum number of participants following provincial gathering size limits, distancing is still recommended and wearing KN95 masks indoors required at all times). Virtual meetings are still recommended during the COVID-19 pandemic, whenever possible and when in accordance with University policy and procedures.
- 15) Safe work protocols have been developed for:
- a. Greenhouses (Buller and CTC) and growth chamber facilities with restricted access
 - b. Animal care facility
 - c. Shared facilities with equipment like autoclaves and centrifuges (shared by several departments)
 - d. Microscopy facilities
 - e. Other shared labs like molecular biology labs or equipment labs
 - f. Shared offices/student carrels

For information on COVID-19 wastewater data see:

<https://health-infobase.canada.ca/covid-19/wastewater/about.html>

UM is offering vaccine shots on campus (<https://umanitoba.ca/covid-19/vaccine-information>)

For information on vaccine eligibility see: <https://manitoba.ca/covid19/vaccine/eligibility-criteria.html>

Immunization cards for fully vaccinated people - applications online at:

<https://immunizationcard.manitoba.ca/>

Risk-informed decision-making guidelines for workplaces and businesses during the COVID-19 pandemic

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html>

Disinfectants

https://www.whsc.on.ca/Files/Resources/COVID-19-Resources/WHSC_Pandemic_EvaluatingDisinfectants2020-en.aspx