

(updated May 1, 2023)

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## Department of Biological Sciences

### 1) COVID-19

- a. For information about COVID-19 and travelling, visit the following: <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 10 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](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](http://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. Workers/students are expected to follow provincial health and safety guidelines when not at work. Do not come to work if you are unwell.
- k. 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).
- l. 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
- Should leave the workplace immediately to go home, wearing a mask.
  - Maintain the physical distance from others while leaving the building.
  - Use the Shared Health Screening Tool (<https://sharedhealthmb.ca/covid19/screening-tool/>).
  - Should check the link (<https://manitoba.ca/covid19/testing/testing-eligibility.html>) for testing eligibility.
  - Notify the supervisor and the Head of the Department as soon as possible.
  - 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 or 3-ply medical ASTM Grade 2) are **strongly recommended** indoors on UM campus. Masks should be properly fitted. Check regularly [umanitoba.ca/coronavirus](http://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. KN95 or 3-ply medical ASTM Grade 2 masks are **strongly recommended** when indoors at all times
- 6) Elevators
- a) **Masks are strongly recommended 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. **Physical distancing (2 m in lunch spaces) is recommended**
  - b. Hand sanitizing is recommended upon entry and exit.
  - c. All surfaces touched should be disinfected.
- 8) **Masks are strongly recommended 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 strongly recommended** in all indoor spaces (hallways, lobbies, labs, classroom, study spaces, offices, elevators, washroom, greenhouse). Regularly check the University COVID-19 website ([umanitoba.ca/coronavirus](http://umanitoba.ca/coronavirus)) for update on the topic.
  - b. 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>
  - c. Face shields/N-95 masks and gloves could be used for specific training on a piece of equipment or during a lab procedure.
  - d. Face shields/masks do not replace physical distancing.
  - e. Use individual glove boxes (labeled).
  - f. 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.
  - g. 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.
- 11) Hand sanitizer should be available in hallways and building entrances.
- 12) Review the working alone policy in your lab, and update all emergency contact numbers and phone availability for supervisors and other lab users.

**13) In-person indoor meetings: masks and/or distancing are strongly recommended**

- 14) 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>

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**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>**

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**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>

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**Disinfectants**

[https://www.whsc.on.ca/Files/Resources/COVID-19-Resources/WHSC\\_Pandemic\\_EvaluatingDisinfectants2020-en.aspx](https://www.whsc.on.ca/Files/Resources/COVID-19-Resources/WHSC_Pandemic_EvaluatingDisinfectants2020-en.aspx)