

COVID-19 STUDENT GUIDE

The Nova Scotia Government has implemented many measures in response to the coronavirus pandemic. These include the declaration of a State of Emergency, managed by the government through the use of a Mandatory Order that outlines rules and conditions aimed at reducing the spread of the COVID-19 virus. Information about government initiatives and health-related information can be found at <https://novascotia.ca/coronavirus>.

Organizations in Nova Scotia, including Cape Breton University, are required to comply with the terms of the Mandatory Order. Students attending Cape Breton University are also expected to comply with University and government policies, plans and directives related to COVID-19.

Due to the contagious nature of COVID-19, the University cannot guarantee that any individual attending the University's Campus, using the University's facilities or participating in any activities organized by the University (whether on-campus or off-campus), will not contract COVID-19. Students and those participating in University activities should understand that they participate voluntarily and knowingly during the COVID-19 pandemic. University activities may present a heightened risk of contracting COVID-19. Contracting COVID-19 could result in changes to the delivery of University services, extended quarantine, serious medical intervention and other potential complications, including ones not currently known at this time.

However, the University is committed to supporting students as much as possible during these challenging times. Accordingly, the University has put in place many measures to reduce the spread of COVID-19 within our community.

The measures documented in the following pages—developed by the University based on facts and recommendations by the Provincial Government, Nova Scotia's Chief Medical Officer, Nova Scotia Public Health Office and the Cape Breton Regional Municipality (CBRM) reflect our commitment to supporting students academically and in terms of overall health and well-being.

Please take the time to familiarize yourself with this very important information.

Thank you!

Information you need to know before departing for CBU:

If you are travelling to Nova Scotia from outside Atlantic Canada, you will need to:

- Complete a Nova Scotia Safe Check-in Form before travelling to the province.
- Self-isolate for 14 days after arriving. Learn more: [how to self-isolate](#).
You can also find additional information and local resources here relating to self-isolation.
- Complete a digital check-in each day of your isolation period. If you don't check in daily, the school will be notified and they'll try to help you comply with the check-in.
- Get tested for COVID-19 three times during the self-isolation period. Nova Scotia Health will email you the testing appointment details (dates and location). Even after receiving negative test results, students need to self-isolate for the full 14 days.
- Please refer to the following link from the NS Government: [Fact Sheet.pdf](#)

IMPORTANT:

Please note that the health protocols for Nova Scotia may differ somewhat from those described in other areas. Everyone, particularly those travelling from outside Nova Scotia, should familiarize themselves with the up-to-date COVID-19 information, protocols, guidelines and symptoms list found here:

<https://novascotia.ca/coronavirus/>

It is vitally important and legally mandated that we follow the Government of Nova Scotia and Public Health guidelines. The top things to keep in mind and your best line of defense against COVID-19 are:

1. sanitize your hands frequently by washing with soap and water or by using hand sanitizer
2. avoid touching your nose, mouth or eyes with unwashed hands
3. practice physical distancing of 6 feet (2 metres) or more
4. practice good coughing/sneezing etiquette
5. wear a non-medical face mask when in close proximity of others
6. stay home if you are sick and stay away from sick individuals

Recognizing and mitigating the spread of COVID-19

Reducing the possible spread of COVID-19 means that all community members should routinely check themselves for symptoms and should remain home if unwell.

Learning to recognize the symptoms of COVID-19 will help keep the campus and community safe. It should be noted that the symptoms are similar to those of the flu/cold. Most students will have mild symptoms and recover on their own. Please do not meet in person with anyone who is experiencing cold or flu symptoms or who has tested positive for COVID-19. They may reach out to you for support but you should respond virtually by phone, text or video chat.

Early evidence suggests that the majority of people who develop COVID-19 will have mild illness and may not require care in a hospital; however, the risk of spreading the virus to someone else, known as community transmission, can be fatal for those with underlying chronic health conditions.

Symptoms have included:

- Fever above 38 degrees Celsius
- Sore throat
- Headache
- A new onset of muscle pain
- Loss of sense of taste
- Difficulty breathing
- A new cough, or worsening chronic cough
- Runny nose
- A new onset of fatigue
- Diarrhea
- Loss of sense of smell
- In children, purple markings on the fingers and toes

If you or someone else is having difficulty breathing or experiencing severe symptoms, call 911 immediately.

If you have any one of the COVID-19 symptoms or any other symptoms that concern you, call 811 for assessment by a nurse. If you need in-person assessment, 811 will refer you to a centre (don't go to a COVID-19 assessment centre unless 811 has referred you).

After testing, you're legally required to self-isolate for 14 days if you:

- are waiting for your COVID-19 test results
- have tested positive for COVID-19
- have tested negative for COVID-19 but had close contact with someone who has or is suspected to have COVID-19

Arrival

So much of what makes Cape Breton University special is the interaction that happens in and outside the classroom. We recognize that COVID-19 places challenging limitations on these interactions. We are committed to finding new ways to make the student experience as enriching and positive as possible.

We ask for your understanding and cooperation in respecting the new rules that are in place around social gatherings and interactions. We also ask for your creativity in coming up with new and inventive ways of building community. The better we do at this, the sooner we can hopefully get through it and back to the more familiar look and feel of life at Cape Breton University.

We will get through this. The global impact of COVID-19 is unprecedented. It's changing every aspect of how we live, learn, work and interact with each other. Fewer rooms in residence, more online classes and content, virtual meetings, physical distancing and non-medical masks. This may not be the "new normal" forever, but it's the "new normal" for now. Things will be different, but we'll adjust. We'll get through it and become a closer community as a result.

We ask for your patience as you navigate new online platforms and deliver services in a virtual format. Remember, we're all in this together.

Changes students will notice upon their arrival/return:

While campus is currently still closed to the public, upon its reopening, here are a few changes you can expect to see.

NEW ENTRANCES & EXITS - to better and more safely manage the flow of people in and through university buildings, some doors have been designated as entrances while others have been designated as exits.

NEW DIRECTIONAL SIGNAGE IN BUILDINGS - in an effort to bring a uni-directional approach to the movement of people through buildings, floor decals and overhead signage will direct you which way to go. Where the one-way flow of traffic is not possible, additional decals and signage will indicate the best direction to follow.

PLEXIGLASS PARTITIONS - plexiglass partitions will be set up at student-facing service counters, desks and student-facing work stations where it's not possible to maintain minimum physical distancing requirements (6ft/2m).

INCREASED SANITIZATION STATIONS - more hand-sanitizer stations have been set up on campus in high-traffic areas. You'll notice the addition of disinfectant wipes in public spaces. Signage will direct users to wipe down surfaces before and after usage.

REDUCED SEATING IN CLASSROOMS & MEETING ROOMS - before campus reopens for classes, all rooms on campus will be re-assessed for occupancy allowances in compliance with Public Health guidelines. The maximum occupancy for each room will be posted outside the rooms. Once inside, physical distancing requirements must be maintained.

NON-MEDICAL MASKS - Students, faculty and staff must wear a mask in all public spaces. Everyone is expected to wear a mask when physical distancing is not possible and when in transit on campus.

Additional Information and Resources:

On campus:

The health and safety of Cape Breton University students, faculty and staff is paramount.

All measures that we've taken are intended to minimize the risk of occurrence and spread of COVID-19. Through care, caution and cooperation we can work together to maintain a healthy and safe campus.

We ask that you fully respect and comply with the measures put in place and that you do your part to help reduce the risk of COVID-19 transmission at Cape Breton University.

We remain committed to your success as a student.

COVID-19 may have changed the way we deliver academic programming, but it doesn't change our commitment to giving students the best possible academic experience. All the regular supports and services will still be available. You may just have to access them in a different way.

We ask that you be patient and understanding while we all get used to new technology and learning platforms.

We remain committed to supporting positive physical and mental health. We recognize that times like this can take a toll on people's physical and mental health. Counsellors remain available for online appointments.

If you need support, please reach out. Staff are here to help. For more information about staff and services, please refer to the following links:

HEALTH SERVICES

<https://www.cbu.ca/current-students/student-services/health-wellness/health-services-max-bell-health-centre/>

INTERNATIONAL STUDENTS HEALTH SERVICES

<https://www.cbu.ca/future-students/student-services/international-student-services/health-insurance-accessing-health-care-services/>

MENTAL HEALTH RESOURCES

<https://www.cbu.ca/community/virtual-learning/mental-health-resources/>

HEALTH & WELLNESS

<https://www.cbu.ca/current-students/student-services/health-wellness/>

COUNSELLING

<https://www.cbu.ca/current-students/student-services/health-wellness/personal-counselling/>

Off campus:

Students living off-campus who are required to self-quarantine because of COVID-19 symptoms, COVID-19 exposure or a positive test should self-quarantine in their home. They should limit their interactions with others in the same home and ensure that proper cleaning of any shared washroom(s) occurs before and after use.

Off-campus students are likewise strongly encouraged to immediately inform the Max Bell Health & Counselling Centre (healthservices@cbu.ca) for support in their symptom management.

Off-campus students who contract COVID-19 will be required to isolate. Off-campus students can place orders for meal and grocery deliveries through local restaurants and grocery stores.

OFF-CAMPUS ACCOMMODATIONS

<https://www.cbu.ca/current-students/accommodations/off-campus-accommodations/>

FOOD DELIVERY SERVICES:

- www.cbeats.ca
- First Class Delivery: 902-539-2100
- www.skipthedishes.com
- Kenny's Pizza: 902-562-5115 (Sydney) *Multiple locations
- Alexandra's Pizza: 902-270-1900 (Sydney) *2 locations
- Napoli Pizzeria: 902-539-6109 (Sydney) *2 locations
- 7by7 Restaurant: www.7by7.ca

SELF-ISOLATION ACCOMMODATIONS:

Holiday Inn:

902-562-7500
300 Esplanade, Sydney

Cambridge Suites:

902-562-6500
380 Esplanade, Sydney

Comfort Inn:

902-562-0200
368 Kings Road, Sydney
\$75 (plus tax) per night for the 14 nights. Valid if booked between July 31st-August 31st.

Travelodge:

902-707-4603
480 Kings Road, Sydney
14 Day Self Isolation Student Rates:
Standard Room: \$70/Night + tax • Room includes coffee maker, microwave, mini-fridge
Suites: \$100/Night + tax • Suites include kitchenette

Harbourview Inn & Suites:

902-567-3311
100 Kings Road, Sydney
Monthly Rate: 1 Queen: \$850/Month; 2 Queens: \$1200/Month
Self-Isolation Rate: \$1068 tax included for 14 nights

Commit to helping break the lines of COVID-19 transmission

- Simple, individual actions can directly reduce the risk of community spread. Respect physical distancing (6 feet/2 metres), only gather in small groups, wash your hands frequently and for at least 20 seconds and wear a non-medical mask in all public spaces and when physical distancing is not possible.

Commit to remaining vigilant and protecting yourself and others, on and off campus.

- Follow all health-related measures that are instituted by the Province and those put in place by the University, the City, local businesses and landlords.

Commit to staying informed on how you can help ensure a safe and healthy community.

- Follow the steps that Cape Breton University, Sydney and Nova Scotia are taking to reduce the risk of COVID-19 transmission. Information can be found at <https://www.cbu.ca/covid-19-prevention/> and <https://novascotia.ca/coronavirus/>.

Commit to upholding University, municipal and provincial regulations around COVID-19.

- Cape Breton University and the Cape Breton Regional Municipality, in cooperation with Public Health and Cape Breton Regional Police Services, will promote awareness and enforce rules and regulations around COVID-19 safety measures.

Be conscious of your well-being

Chief public health officer warns of pandemic 'fatigue' as COVID cases surge among young people <https://www.cbc.ca/news/politics/tam-young-people-covid19-virus-fatigue-1.5662206>

Canada's Chief Public Health Officer, Dr. Theresa Tam, urges us not to let down our guard. As students return to campus in the fall, now more than ever, we must remain vigilant in preventing the spread of COVID-19.