Everyone has a role to play in preventing Covid-19. We are all responsible for the health and wellness of each other. Living in residence at UVic, you are expected to follow all of these guidelines to stop the spread of Covid-19:

- Wash your hands thoroughly and often.
- Stay 6 feet (2 meters) away from others.
- Cough or sneeze into your elbow.
- ALWAYS wear a mask when you are indoors in COMMON spaces such as lounges, bathrooms and hallways.
- Follow residence occupancy and guest restrictions.
- Do not consume food in common lounges.
- Wear masks outdoors whenever possible.
- Do not attend parties or social events with others outside your core “bubble”, on or off campus.

Visitor and Guest Restrictions

- Off-campus guests and visitors are NOT allowed into any residence buildings, rooms, or Cluster units.
- Residents in dormitory buildings or Cluster units are allowed to have one guest (from another residence building) at a time in their building, as long as occupancy limits for common or private spaces are adhered to.
- Dormitory bedrooms are restricted to you and one other person. Maintain 6 feet apart (the length of your bed).
- Cluster units are restricted to you, your roommate and one guest each. If your roommate is away, you are not allowed two guests.
COVID-19: Self-isolation at UVic

Residence students are required to self-isolate:

- If you have symptoms and are waiting to be tested (short-term self-isolation).
- While awaiting results from your Covid-19 test (short-term self-isolation).
- If you test positive for Covid-19 (long-term self-isolation).
- If you have been exposed to someone who has tested positive for Covid-19 and are directed to by the Health Authority (long-term self-isolation).
  - Short-term self-isolation may range from one to six days.
  - Long-term self-isolation may range from 10 to 14 days.
  - Self-isolation periods are determined by the Health Authorities, not the University.

What To Do If You Are Feeling Sick

STEP 1:
Self-isolate immediately. This means staying in your dorm room or bedroom and physically avoiding other people.

STEP 2:
Use the B.C. Covid-19 Self-Assessment Tool to assess your symptoms.

STEP 3:
- Call the UVic Student Wellness Centre (SWC) at 250-721-8563. Press 5 to talk to a SWC Nurse or leave a message.
  - **SWC Hours:** Monday, Wednesday, Thursday and Friday, 8:30am to 4:00pm, Tuesdays 10:30am-4:00pm.
- Call 811 (HealthLink BC) anytime. You will be connected to a healthcare professional for advice.

STEP 4:
Follow the directions you received from your health practitioner on how to get tested for Covid-19.

You will likely be directed to the Health Authority Testing Centre, located on campus in Parking Lot 10. You may also get tested at the UVic Student Wellness Centre.
What To Do If You Are Directed To Self-Isolate

- Call Residence Services at 250-721-8430 (Covid-19 Support) or email: rescovidsupport@uvic.ca (Monday to Friday 8:30 am to 4:30 pm).
  - After hours call: 250-721-8395 (Residence Front Desk).
- We will assign you an on-campus short or long-term self-isolation room/unit before you are tested.
- Residence Services will book your room and deliver the keys to your personal mailbox.
- If possible, move into your short-term isolation room before you get tested. Limit your exposure to others and wear a mask.
- Pack five days’ worth of clothing and supplies for your stay in self-isolation. Don’t forget books, laptops and digital devices.
- Test results may take anywhere from 24 hours to five days. Tests are completed by the provincial health authorities, and you will be contacted by them with the results.
- More information on self-isolation is available from the BC Centre for Disease Control.
- If you test positive, you may be asked to move to a new room for longer-term self-isolation while you recover.
Self-Isolation Logistics

- When you are asked to move into a temporary space for self-isolation, keys for your new room will be delivered to you in your mailbox in a key envelope. (All residents receive a mailbox key at check-in).
  - Your personal student mailbox is located outside of Craigdarroch Office, in Ring Road residence, or outside near Cluster housing, depending on your permanent building.

- Pack five days’ worth of clothing and supplies for your stay in self-isolation. Don’t forget books, laptops and digital devices.

- In your self-isolation building you will have a furnished room and a designated washroom. Some rooms have private washrooms.

- Food Services will contact you via email to arrange for meal delivery and deliver a menu after you have been assigned your temporary room. Food Services will deliver your meals to outside your room or unit.

- If you are living in an apartment and have been asked to self-isolate there, Residence Services can assist with grocery delivery from an on-line store. Contact us before you place an order.

- You will have access to the lounge and laundry room in your self-isolation building. **Follow social distancing and occupancy limits in these spaces.**

- 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 a designated shelf in your building lobby.

- If you forgot something in your permanent room, call 250-721-8430 (Covid-19 Support) or email: **rescovidsupport@uvic.ca** (Monday to Friday 8:30 am to 4:30 pm) and we’ll arrange delivery as soon as possible.
  - After hours call: 250-721-8395 (Residence Front Desk)

- Our staff will provide cleaning services and garbage pick-up in self-isolation buildings. We will schedule pick-up times and let you know via email.
  - Do not leave garbage and **recycling** outside of your room except during these scheduled times.
  - Please tie up the garbage bag and leave **both bins** outside of your room at the scheduled times.
  - Extra garbage bags are available inside the black garbage bin in your room.

- When you return your key after self-isolation, place your temporary keys in the key envelope and put them in the drop box located beside the entrance to the Residence Services main office.
Getting Test Results

Wait time for results depends on the workload of the health authorities. It could take anywhere from 24 hours to 5 days. You will be contacted directly by the health authority. Test results are not typically shared with the university.

- There are many ways you could receive your test results:
  - You can wait to be called by the health authority.
  - After 24 hours you can call 1-866-370-8355 to get results over the phone.
  - You can go online to myehealth.ca to access your result.
  - You can sign up for a text message with your result. See your handout after testing for instructions.

If you receive a negative Covid test result:

Email Residence Services at rescovidsupport@uvic.ca. Depending on your symptoms, you may be asked by your health practitioner to stay in temporary self-isolation a little longer.

If you receive a positive Covid test result:

Call Residence Services at 250-721-8430 (Covid 19 Support) or email rescovidsupport@uvic.ca (Monday to Friday 8:30 to 4:30). After hours call: 250-721-8395 (Residence Front Desk).

Long-Term Self-Isolation

If you test positive, you will be asked to go into "long-term" self-isolation until you recover. Residence Life staff will check in with you daily and the Health authority will monitor your recovery. You will be allowed to move out of this long-term self-isolation after you meet the following criteria:

- You have been isolating for a minimum of 10 days since your symptoms started, AND
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
- You are feeling better (e.g. improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.
- If you experience difficulty breathing or more severe symptoms, call 911 and campus security for immediate assistance.
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 Chaplain. 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.
Other Resources

Academic Accommodations

- Check out the UVic Coronavirus webpage for updated information on academic concessions and medical documentation.
- If you are registered with the Centre for Accessible Learning, check out their Covid-19 Student Update.

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.

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.
- Contact the Cultural Protocol Liaison if you would like to connect with an Elder at UVic.

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.
Important Contacts

- For emergencies: Call 911 and/or Campus Security at 250-721-7599.
- 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.
- **Vancouver Island Crisis Line** (24/7) 1-888-494-3888.

Confidentiality

Residence Services and other UVic staff will handle your personal information with discretion. 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 short or long term. 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 receive nightly reports of room occupants in residence for emergency response purposes.
- Food Services supervisors will be informed to arrange for meal deliveries.
- Supervisors from departments such as Facilities Management or University Systems will be made aware of self-isolation locations 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, but will not be given personal identification.