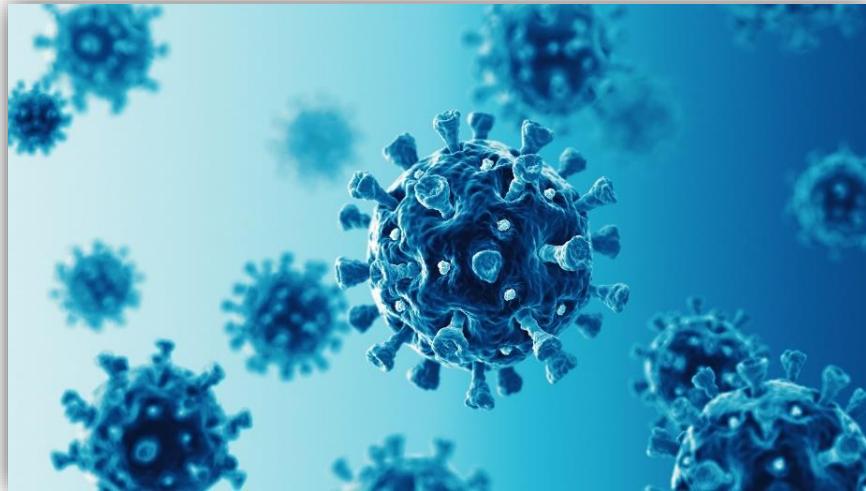




uOttawa

Infectious Disease Prevention



2022



PURPOSE

The purpose of this document is:

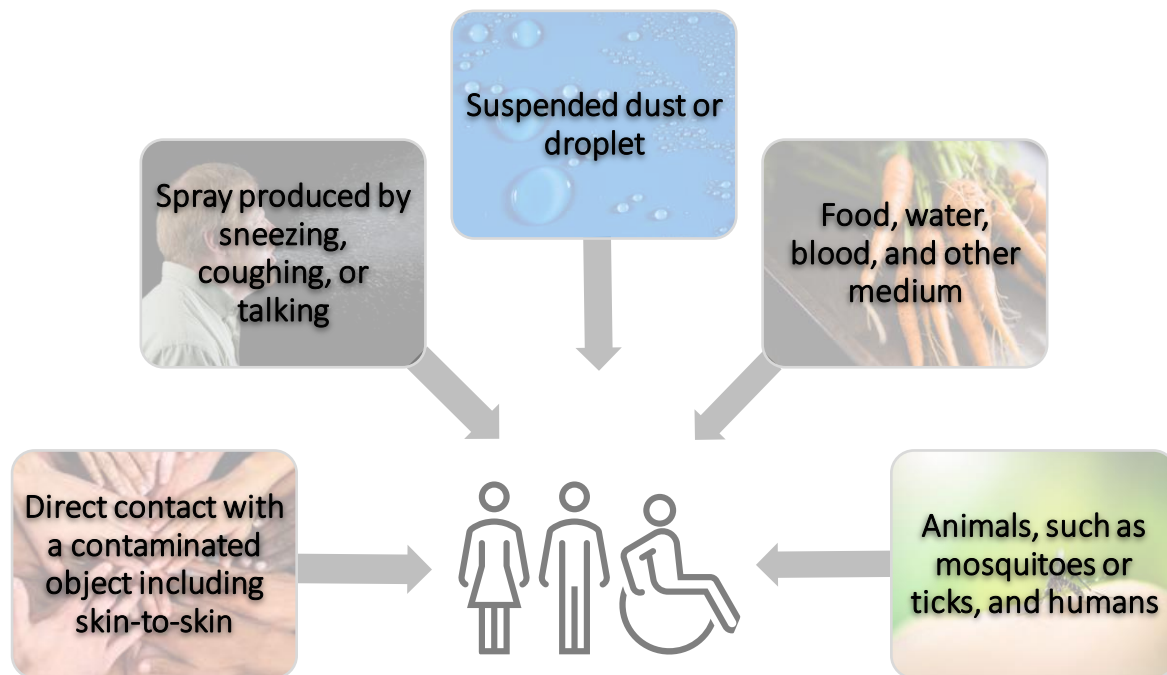
- To educate and give general guidance to community members to prevent the spread of infectious diseases at the University of Ottawa.
- To demonstrate how Ottawa Public Health and the University and individuals on campus must work together to prevent the spread of disease.
- Some described measures may be used on an ongoing basis, others on a seasonal basis and others when there is elevated risk of certain infectious diseases in the uOttawa community, or the region as recommended by public health authorities.

This document does not replace existing internal infectious disease plans in workplaces that require them.



WHAT ARE INFECTIOUS DISEASES?

Infectious diseases are caused by pathogenic agents, such as bacteria, viruses, parasites, or fungi. These diseases can spread from the environment, an animal or a person to a susceptible host resulting in serious or widespread illness in our community. Transmission can occur by:



Some infectious diseases are legally reportable to municipal, provincial and federal agencies.



PREVENTION

Infections prevention begins with individual members of the University community taking proactive actions to protect themselves and others that reduce exposure and transmission of infectious disease agents.

[Hand hygiene](#) is one of the most important ways to stop the spread of infectious diseases. Practising proper hand hygiene, either by washing hands with soap and water or using an alcohol-based hand rub, is essential to help break the chain of transmission.





You can also reduce the spread of illnesses by using proper [respiratory etiquette](#). This means that instead of covering your mouth with your hands when coughing or sneezing, use your sleeve or a tissue. This reduces the number of germs on your hands, though it is still important to wash your hands after coughing and sneezing.

Personal prevention also includes:



[Being vaccinated](#)



[Wearing masks](#)



[Staying home when sick](#)



[Cleaning surfaces frequently](#)



[Handling food safely](#)



[Taking precautions during higher risk activity](#)



Keeping [fit](#), [eating well](#), and [sleeping](#)

It is important to maintain a positive and collaborative academic and work environment. Please respect everyone's individual choices.

Depending on the specific public health event, uOttawa may maintain infectious disease prevention by:



SELF-MONITORING

Timely identification of possible or actual infectious diseases is essential for their control and starts with individual self-monitoring and assessment. Although [signs and symptoms](#) vary depending on the organism causing the infection, the following general indicators can be used to identify potential infectious diseases:

✓ Fever / Chills	✓ Severe head/body aches	✓ Diarrhea
✓ Fatigue	✓ Nausea / Vomiting	✓ Cough / Sore throat
✓ Difficulty breathing	✓ Sudden vision problems	✓ Rash or swelling

If a self-assessment indicates a possible infection, individuals should:

- ✓ Isolate, in particular avoiding contact with vulnerable individuals
- ✓ Reduce/avoid higher-risk activities
- ✓ Implement infection containment measures such as wearing a mask and washing surfaces more often.
- ✓ Seek medical attention, particularly if symptoms are severe or lasting more than 5 days



REPORTING AND ACCOMMODATIONS

If a University community member has been directed by a health care provider to isolate as a precautionary measure due to possible or diagnosed infectious disease, they must advise:

- **Students** – Contact the [Student Health & Wellness Centre](#) for health advice and respective Faculty for academic [accommodations](#) and next steps.
 - **Residents** – In addition to the above, report to [Housing](#) via residence@uottawa.ca.
 - **Student Athletes** – In addition to the above, report to team manager or coach.
 - **Clinical Placements** – In addition to the above, report to the assigned Clinical Placement Coordinator, host employer and [reporting tool](#) for accommodations and next steps.
- **Employees** – Immediate supervisor and to HR - Health & Wellness via email hrhealth@uOttawa.ca to request work accommodation and determine next steps.
- **Contractors, tenants, or visitors** – Advise primary University contact who in turn will advise the appropriate University unit.

The notification should include the diagnosis (or suspected diagnosis), the last date(s), time(s) and place(s) the person was on campus and individual(s) they were in contact with.

If Ottawa Public Health is informed that an individual is diagnosed with a reportable infectious disease, it will notify the University as required to contain the infection, trace contacts, and conduct a public health investigation. Likewise, if the University is made aware that an individual is diagnosed with a reportable infectious disease, it will notify Ottawa Public Health.



PUBLIC HEALTH INVESTIGATION

The university will support contact tracing and public health investigation by providing the necessary information upon request of Public Health officials, while ensuring that personal information is protected to the extent required by law and in accordance with [Policy 90 Access to Information and Protection of Privacy](#). If you are or have been in contact with an infected individual, you may be required to provide personal and contact information in support of contact tracing and public health investigation.



MANAGING OUTBREAKS

The daily management of infectious diseases rests with the internal governance and Units through normal risk management and occupational health and safety processes, while the response to on-campus outbreaks is coordinated by the uOttawa Emergency Operations Centre (EOC).

The following guiding principles will be used when managing infectious diseases and their impacts:



1st priority: Health and safety



Compliance with public health directives













Continuity of activities



As full and enriching on-campus experience as possible

At the direction of the Province, Ottawa Public Health or the uOttawa Administration, additional temporary emergency measures may be implemented:

 Mandating masks	 Increasing monitoring
 Requiring proof of vaccination	 Reducing occupancy limits
 Compulsory daily health assessments	 Increasing cleaning and ventilation
 Moving to online formats for all possible activities	 Conducting awareness campaigns
 Restricting campus access	 Providing testing and vaccination clinics



QUESTIONS

Contact the [Occupational Health and Safety](#) program of the [Office of Risk Management](#) or a member of their [Occupational Health & Safety Committee](#).