

Summary of the Institutional Recovery Plan (*Plan de rétablissement*) - COVID-19

- **Everyone's responsibility : each person must take notice of the health recommendations and apply them. Check the complete [Plan de rétablissement](#)'s updates regularly**
- If you have guests over, it is your responsibility to inform them of the applicable instructions and of their lack of symptoms.
- **Respect physical distancing measures (2 metres generally when people are in a standing position or moving, or 1.5 meter when they are sitting in a classroom situation).**
- **Ensure to frequently and thoroughly wash hands** (mandatory hand washing immediately on arrival, regularly throughout the day, and before leaving).
- △ □ **The wearing of a surgical mask (or temporarily a face covering in the absence of a surgical mask) is mandatory at any time indoor. ~~to enter buildings and move in halls, hallways and other public circulation areas~~ Wearing a surgical mask is mandatory even outdoor when 2-metre physical distancing is not possible. If not already wearing a surgical mask, anyone in the University community should get one as soon as possible upon arrival on one of the campuses. (See articles 3.2.11 and 3.2.12 of the [Plan de rétablissement](#) for more details).**
- Whenever possible, favor the use of staircases. The number of passengers in elevators must follow the indicated capacity. If all occupants wear a face covering or surgical mask, the elevator's capacity may be doubled.
- Walking past someone, without contact or interaction, presents a very low risk of transmission (e.g. on stairs or in a hall).
- Eating areas and break rooms will be disinfected after lunch, as well as during the evening, by a sanitary maintenance subcontractor. Nevertheless, users must also disinfect places themselves as they are using them.
- Users must clean any frequently touched surfaces (tables, counters, door handles, faucets, toilets, telephones, etc.) when visibly dirty or between each use. **This applies as well to office chairs and furniture when having guests.**
- In public spaces where people are in contact with surfaces, sanitary maintenance cleaning is performed at least twice a day.
- **A person that presents:**
 - **ONE of the following symptoms before they arrive or that develops it during the day : - fever; - new or worsening cough; - new loss of smell without nasal congestion, either solely or accompanied with a loss of taste; - shortness of breath, thoracic pain or difficulty breathing; - sore throat; - runny or stuffy nose**
 - **OR TWO of the general symptoms such as: - muscle aches (generalised and not linked to physical exertion); - intense fatigue; - important loss of appetite; - nausea, vomiting or diarrhea.****MUST NOT show up on campus or MUST LEAVE IMMEDIATELY. They must go back home, isolate themselves and call 1-877-644-4545 or go to a designated screening centre or at the Main Campus Screening Center.**
- See Appendix E of the [Plan de rétablissement](#) for more details on what actions to take for people who are more vulnerable, positive COVID-19 diagnostic cases, isolation orders or returns from travels outside of Canada.

Reminders:

Hand hygiene: Wash your hands frequently. Washing with water and soap is the recommended course of action. If this is not possible or in specific cases yet to be defined, using an alcohol-based hand sanitizer is an alternative.

Hygiene and respiratory etiquette: Cover your mouth and nose whenever coughing or sneezing. Use tissues or your elbow. Immediately dispose of used tissues in the bin. Avoid touching your mouth or eyes with your hands. Wash your hands as soon as possible after coughing or sneezing.