

## Fall 2022 Residence and Dining Hall Covid-19 Update:

Our residences and dining hall have resumed a normal state of operations. We will continue to monitor provincial guidelines with local health officials and adapt to any pandemic status changes.

### ALL STUDENTS:

In order to keep yourself and members of the BU community healthy, please be mindful of the following:

- Wear a mask until you are symptom free
- Purchase disinfectant wipes to clean surfaces in your room
- Maintain physical distance where possible
- Proper and regular hand sanitization
- Cough and sneeze into the bend of your arm, not into your hand
- Avoid touching your nose, mouth, or eyes with your hands
- Get your Covid-19 boosters and influenza vaccine
- Eat healthy food and stay physically active to keep your immune system strong
- Get plenty of rest or sleep

### IF YOU TEST POSITIVE FOR COVID-19:

We strongly encourage students to complete the recommended self-isolation at home if possible.

Self-isolation is possible in your room. Please contact [braidj@brandonu.ca](mailto:braidj@brandonu.ca) for food delivery.

If you need to leave your room, wear a well-made, well-fitting mask and stay at least two metres (six feet) away from other students.

Information about self-isolation can be found here: <https://manitoba.ca/covid19/info-for-mbs.html#isolation>

### IF YOUR ROOMMATE TESTS POSITIVE FOR COVID-19:

We are considering roommates as members of the same household. Students should **self-monitor** for symptoms COVID-19 for 14 days following exposure. If you develop symptoms, please self-isolate and check the online COVID-19 Screening Tool [sharedhealthmb.ca/covid19/screening-tool/](https://sharedhealthmb.ca/covid19/screening-tool/) to determine if testing is recommended for you.