

# COVID-19 Health and Safety Moment

## Return to campus, offices and field work



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[www.mun.ca](http://www.mun.ca)

### Overview

During the COVID-19 pandemic, information continues to change and evolve as we move into a new normal of work at Memorial. We understand these are challenging and unprecedented times not only at Memorial, but around the world. We continue to encourage working from home where possible, in line with public health messages for all alert levels, yet recognize some employees may have to [access campus](#).

### Controls for Approved Access to Campus

- Completion of [Memorial's COVID-19 awareness session](#) is required before resuming campus, office and field activities.
- Before arriving each day, complete a [COVID-19 self-assessment](#) check; also available on the [MUN Safe app](#).
- Please do not report to campus, offices or field activities if you are exhibiting flu-like symptoms.
- These symptoms may include fever (or signs of a fever such as chills, sweats, muscle aches and lightheadedness), cough, headache, sore throat or runny nose.
- Do not report to campus, offices or field activities if you are self-isolating or travelled outside Newfoundland and Labrador (excluding Nova Scotia, New Brunswick and Prince Edward Island) within the past 14 days.
- Effective Aug. 24, Memorial requires wearing non-medical face masks while in public spaces and common areas at Memorial.
- Wash your hands often, for at least 20 seconds with soap and warm water or in the absence of water use an alcohol based hand sanitizer. Clean hands before, during and after leaving campus.
- Avoid close contact with people who are sick. Avoid touching your eyes, nose and mouth.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Maintain a physical distance of 2 metres from other people in order to stop, slow down or contain the spread of COVID-19. Everyone has a part to play.
- Stay to the far right in hallways and stairwells.
- Frequently wiping shared, high touch surfaces.
- Read and comply with signage posted on exterior building doors for any additional information.

### Contact us

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