COVID-19 Health and Safety Moment
for on campus, office and field work

UPDATED Feb. 2021

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Overview
During the COVID-19 pandemic, information continues to change and evolve. We understand these are challenging and unprecedented times not only at Memorial, but around the world. We encourage working from home where possible, in line with public health messages for this alert level, yet recognize some employees may have to access campus.

Controls for Approved Access to Campus

• Currently, an employee who meets one of the criteria to be on campus and has approval must complete the Access to Campus Form daily. Marine Institute employees continue to complete the MI Building Access Request Form for access requests. Members of the Grenfell Campus community should refer to the Messenger notice issued Feb. 14. Staff performing critical services who are continuing to work on campus are exempt from completing this form.
• Completion of Memorial’s COVID-19 awareness session is required before participating in campus, office and field activities.
• Please use the density calculator that’s been developed. The unit’s plan should align with these density parameters.
• 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 within the past 14 days.
• Memorial requires wearing non-medical face masks while in public spaces and common areas at Memorial. A two ply face mask is the minimum standard while three ply is recommended. Face shields do not replace a mask, masks with exhalation valves should not be worn, and neck gaiters, scarves and bandannas are not recommended.
• 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
Environmental Health and Safety
Office of the Chief Risk Officer
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If you have questions please email:
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