

Subject Line: Coronavirus (COVID-19) and Luther College

To date, there is one presumptive case of coronavirus (COVID-19) in Saskatchewan. Although the provincial and national health agencies emphasize the risk in Saskatchewan is currently considered low, Luther College has been working to prepare ourselves for the eventual arrival of COVID-19 and to minimize any potential impact on our students. This includes having a full pandemic plan in place to implement should the need arise.

It is currently business as usual in the Academic Office with regards to registering for the Spring/Summer and Fall 2020 terms. If you have a scheduled advising appointment with either Tatum or Karen, they will be offering phone appointments as an option to help reduce the risk of infection for both our staff and students. Watch your UofR email for more updates as they become available.

Our focus is on the health and safety of our entire campus community. This requires that we all work together to limit exposure and transmission of the virus by elevating our personal hygiene habits and practising social distancing.

1. Be Informed

The single best location for COVID-19 information is [Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus).

Luther College will be following the protocols of the University of Regina (UofR). Find the latest information specific to the UofR, along with answers to a number of Frequently Asked Questions (<https://www.uregina.ca/hr/hsw/Coronavirus/faq.html>) at [uregina.ca/hsw/Coronavirus](https://www.uregina.ca/hsw/Coronavirus).

Luther College will also continue to provide you with updates as they become available.

2. Protect Yourself – see attached poster

The best thing you can do right now is to practice good hygiene and social distancing in order to reduce the risk of infection:

- wash your hands often with soap and water for at least 20 seconds;
- if soap and water is not available, 60-90% alcohol-based hand rubs (hand sanitizer) can be used to clean hands if they are not visibly soiled. If they are visibly soiled, you can use an alcohol-based disposable hand wipe to remove the dirt and then use an alcohol-based hand rub;
- avoid touching your eyes, nose, or mouth with unwashed hands;
- stay in your room if you are sick;
- avoid close contact with people who may be ill;
- when coughing or sneezing;
 - cover your mouth and nose with the crease of your elbow or tissues to reduce the spread of droplets,
 - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards,
 - and avoid visiting people in hospitals or long-term care centres if you are sick.

- close physical, social contact such as shaking hands or embracing should be avoided and replaced with slight bows or even elbow bumps.

3. What Should You Do if You Become Ill?

If you experience even mild flu-like symptoms (i.e. fever, cough, shortness of breath, and difficulty breathing), you should do the following:

- Stay at home.
- Contact the Public Health Authority at 811 to inform them you are ill. They will provide advice on what you should do.
- Monitor your symptoms and immediately report worsening of symptoms to the Public Health Authority at 811.

4. Questions?

Please do not hesitate to contact the Academic Office at 306-585-5444 or luther.registration@uregina.ca if you have any questions or concerns. We are here for you.

Sincerely,
Luther College Academic Office