

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

To date, there are a few cases 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.

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).

We strongly advise you to review the Frequently Asked Questions page on the UofR website, and if you have any questions to contact your Quad RA, RA on Duty (306-537-6730), or the Luther Residence Office (306-585-5333) during office hours.

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:

- Contact by phone your Quad RA, RA on Duty (306-537-6730), or the Luther Residence Office (306-585-5333) during office hours to inform them you are ill.
- You will be assigned a room on the isolated floor where you will stay for 2 weeks. If you require something, please contact by phone your Quad RA, RA on Duty (306-537-6730), or the Luther Residence Office (306-585-5333) during office hours.
- Meals will be brought to the isolated floor.
- Call 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 by phone to your Quad RA, RA on Duty (306-537-6730), Luther Residence Office (306-585-5333) during office hours and/or Public Health Authority at 811.

4. Precautions Luther College is Taking

Cleaning of the Residence:

- Normal cleaning protocols using maximum-strength peroxide cleaners will continue but the frequency of cleaning high contact surfaces (e.g. light switches, door handles, taps, etc.) will be increased throughout the day.

Food Services:

- Hand sanitizer will be provided outside the cafeteria and required by all patrons before entering the cafeteria.
- Meals will be provided to any students isolated in their room and will be brought to the isolated floor. Special dietary needs will be accommodated.
- Will continue to follow protocols from the Public Health & Regina Qu'Appelle Health Region.

5. Need Someone to Talk to?

Are you feeling overwhelmed and/or worried about the COVID-19 situation and need someone to talk to? Please do not hesitate to contact Pastor Sean at sean.bell@uregina.ca.

6. Questions?

Please do not hesitate to contact your Quad RA, RA on Duty (306-537-6730), or the Luther Residence Office (306-585-5333) during office hours if you have any questions or concerns. We are here for you.

Sincerely,
Luther Residence Office