

# York University COVID-19 Fact and Information Sheet

## What is the purpose of this document?

The purpose of this document is to provide general information and guidance about COVID-19 and public health measures to protect ourselves and the community, as well as provide information about current measures and guidelines in place at York University for all community members, their contractors, vendors and/or guests. Please continue to review this and other COVID-19-related documents and resources for the most up-to-date information and measures in place at York University.

## What are current York University measures and requirements?

As of November 15, 2022:

- [YU Screen](#) remains available as a self-screening tool for those who would like to use it. Please do not attend campus, or leave immediately if feeling unwell, and fill out [YU Screen](#) for appropriate follow up.
- York strongly recommends the use of well-fitted masks for all York community members and guests, while in indoor spaces, except when eating or drinking.
- York continues to encourage physical distancing where reasonable (ex. When masks are removed).
- York continues to strongly encourage everyone to get vaccinated, including booster doses when eligible.
- Please continue to wash your hands often and use respiratory etiquette (covering your nose and mouth with your elbow or a tissue when coughing or sneezing).
- Please visit [YU Better Together](#) for the most up-to-date information regarding York's current response to COVID-19.

**Please note that York will continue to work with public health authorities in the event it is necessary to reinstate any protocols or mandates. Should there be any changes to public health restrictions on York University's campuses, the community will be notified promptly.**

## What is COVID?

COVID-19 is a **viral infection** that mainly affects the lungs, but it can also cause damage to other organs. Some people can get very sick with COVID-19 and may require hospitalization or get long-lasting symptoms.

## What are YU Symptoms of COVID-19:

Symptoms can appear up to 14 days after having close contact with a COVID-19 case.

Common [symptoms](#) include: fever, cough, trouble swallowing, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea, and difficulty breathing.

If you have symptoms, do not come to campus, or leave campus immediately, and complete [YU Screen](#) for further direction and information.

## How does COVID-19 spread?

COVID-19 is spread by respiratory droplets and aerosols, most often from [close contact](#) with an infected person (even if the person has no symptoms), such as:

- Being within 2 metres for 15 minutes or more, in crowded indoor spaces or having physical contact, such as hugging someone;
- Respiratory droplets from your nose and mouth when you breath, talk, cough or sneeze;
- Aerosols, tiny respiratory droplets that can stay in the air longer; or
- Touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

## How can I protect myself and others from COVID-19?

**Self-isolate if symptomatic:** Stay home and self-isolate if you are feeling unwell. Get tested, if eligible.

**Get vaccinated:** COVID-19 vaccines are safe and effective. Being fully vaccinated, plus getting booster shots when eligible, reduces the risk of getting, spreading and becoming seriously sick from COVID-19 and variants. Everyone is strongly encouraged to get vaccinated as soon as possible.

**Wear a mask:** Continue to wear a high quality, well-fitted mask to protect yourself and others from respiratory droplets and aerosols. Consider a medical mask or respirator

for even better protection. For further information on masks and how and when to wear and remove them safely, please see York's [Mask Information Sheet](#).

**Practice physical distancing:** COVID-19 is spread mainly from person-to-person through respiratory droplets that can travel up to two metres. Keeping a physical distance from others, where possible and reasonable, is an extra measure that can be taken to reduce the risk of COVID-19.

**Use respiratory etiquette:** Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm.

**Wash your hands:** Touching your eyes, nose, or mouth without cleaning your hands or sneezing or coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through [good hygiene](#) practice is one of the most important steps to avoid getting sick and spreading germs.

### **Resources:**

Toronto Public Health: [COVID-19 & Respiratory Viruses: Reduce Virus Spread Guide](#)

Toronto Public Health: [Hand Hygiene](#)

Toronto Public Health: [COVID-19: Cover Your Cough \(poster\)](#)

Toronto Public Health: [COVID-19 Guidance: Employers, Businesses & Organizations](#)