



Know Your Student Household COVID-19 Plan



Is your household COVID-19 ready? It is important that your household thinks in advance about what you will need to do if you or a housemate becomes ill or has to self-isolate.

Here are some tips and resources to help you plan:

Know The Symptoms

Common symptoms include:

- › Fever/chills
- › Barking, new, or worsening cough
- › Shortness of breath
- › Loss of smell/taste

See a full list at www.kflaph.ca/en/healthy-living/novel-coronavirus

Call 911 if symptoms are severe or if breathing is difficult.

Prepare to Adjust Living Arrangements

If you or a housemate tests positive for COVID-19, consider the following:

- A housemate with COVID-19 may need a separate washroom, sleeping area, and eating area.
- Wear masks and physically distance from them.
- Cleaning and sanitizing spaces will need to happen more often.
- To limit potential for spread, no visitors should be in the house.
- Is there someone you could stay with if a housemates test COVID-19 positive and you are not comfortable remaining in the same household?

Self-Isolation

Did you know that various hotels in the Kingston Community offer Quarantine Packages for those that need to self-isolate.

Further info can be found at:
www.visitkingston.ca/packages/quarantine/

Review **KFL&A Public Health** guidelines on Self-Isolation.

Who to Contact

For Public Health Information:

KFL&A Public Health COVID-19

- › Call: 613-549-1232
- › Text: 343-477-1971

For Medical Care:

Student Wellness Services

- › Call: 613-533-2506
- › health.services@queensu.ca

For General Support or Questions:

(Non-Medical)

Support Services

- › SupportServices@queensu.ca



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Stocking Up

What essentials do you need to keep on-hand so that you are always prepared for social isolation? (e.g., cleaning supplies, grocery staples, first aid supplies, prescriptions)

Groceries and Prescriptions

If a housemate or the entire household has to socially isolate, think about who can help to get groceries and prescriptions or other necessary supplies.

Isolation Space Planning

If a housemate has to socially isolate within your household, think about how you will manage your shared spaces (e.g., bathroom, living room, kitchen, food storage, laundry).

Emergency Contacts

Talk about when an emergency contact person (e.g., a parent, a guardian, a support person) should be called and write down emergency contact information for each housemate.

Additional Resources

www.kflaph.ca
www.queensu.ca/safereturn
www.publichealthontario.ca



STUDENT AFFAIRS
SUPPORT SERVICES AND
COMMUNITY ENGAGEMENT