

COVID-19 CONTROL MEASURES

Gradual return to onsite research activities



To avoid the spread of the virus, it is important to respect all the hygiene measures in place.

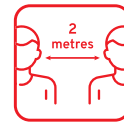
GUIDING PRINCIPLES

- Any research activities must be resumed in such a way that the transmission of COVID-19 is controlled. Several conditions must be met in order to control COVID-19 in Quebec.
- The success of the gradual return to research activities rests on the accountability and self-regulation of each individual.
- The health and safety of staff members and students is paramount.

MAIN GUIDELINES TO BE RESPECTED

- It is important to minimize the tasks that must be performed on university premises due to the use of equipment or facilities. All other tasks must be performed at home.
- Professors are responsible for the health and safety of each member of their research team. They must therefore ensure that the health and safety guidelines issued by government authorities are applied and respected.
- At all times, it is important to respect all hygiene measures put in place for access to and circulation within a pavilion, as well as measures relating to breaks and meals.

HYGIENE MEASURES TO BE APPLIED AT ALL TIMES



Practise physical distancing by maintaining a distance of 2 metres from other people.



Practice hand washing etiquette: wash hands with soapy water for at least 20 seconds. Do this as often as possible.



Do not put your hands on your face or touch your eyes.



Practice respiratory etiquette: when coughing or sneezing, place the crease of the elbow in front of the mouth to reduce the spread of droplets.



If you blow your nose, immediately dispose of the handkerchief in the trash afterwards. Afterwards, wash your hands, preferably with soapy water, otherwise clean them with a disinfectant gel.



Avoid placing personal belongings near other people's belongings.

IMPORTANT

Each person authorized to access the pavilions must declare and register his or her presence before arriving at the pavilion and then register his or her exit before leaving the pavilion through an online form available at presence.ulaval.ca.

It is forbidden to go to the university premises to any person who is ill or who presents one or more symptoms of: cough, fever (even low), breathing difficulties, sudden loss of smell or taste, without nasal congestion as well as extreme tiredness.

To a lesser extent, and in conjunction with the preceding symptoms: headache, sore throat and gastrointestinal symptoms.

It is mandatory to leave the work environment as soon as one or more of these same symptoms appear. If required, apply the content of the procedure "Appearance of symptoms associated with COVID-19 in the workplace"