

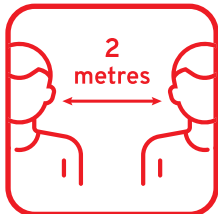
COVID-19 CONTROL MEASURES

For all staff working on a university site during the mitigation measures for the spread of COVID-19



The following measures can be taken to limit potential exposure to COVID-19 and its spread. It is imperative that these measures be implemented to protect one's health and the health of others. 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.

AT ALL TIMES



Practice physical distancing: maintain a distance of 2 metres from other people in the workplace.



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



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

Mucous membranes of the face (eyes, nose, mouth) are a preferred route of contact for spread.



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, dispose of the handkerchief in the trash immediately afterwards. Then wash your hands, preferably with soapy water, for 20 seconds. Otherwise, clean them with a disinfectant gel.



Avoid placing personal belongings near other people's belongings.

UPON ARRIVAL AT THE WORKPLACE

To enter a building

- Use automatic doors and press the button with the elbow or an object provided for this purpose.
- Otherwise, open the door with your sleeve OR do it with your bare hand, taking care to touch as few objects as possible, whether they are personal or University property.

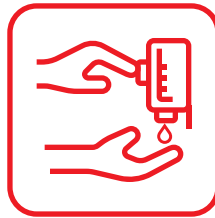
Once inside the building

- 1 Proceed to the reception door for mandatory registration.
- 2 Go to the nearest washroom or sink. Wash your hands according to the rules of etiquette.
- 3 Use paper towels or toilet paper to open the doors to the workplace. Discard paper in the trash after use.

DURING THE DAY



Wash hands as often as possible according to the recommended label.



If possible, get into the habit of applying hand sanitizing gel to hands and everyday items handled during the day (keys, cell phone, clothing zippers, etc.).

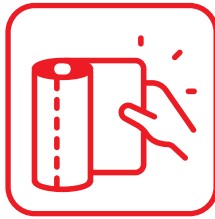


Wash hands or use hand sanitizing gel before consuming food and after touching surfaces that are subject to frequent contact (doors, microwave, refrigerator, etc.).

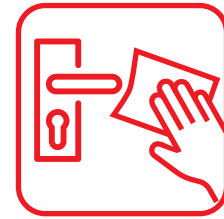
AT THE TIME OF DEPARTURE



Wash your hands in the sink closest to the exit of the building, using the handwashing label.



Carry paper towels or toilet paper to open the doors to the means of transportation used to leave the University (personal car, taxi, public transit, etc.).



In particular, use the paper OR your forearm to open the building exit door. Throw the paper in the garbage after use.

WHEN YOU RETURN HOME

If possible:



In your personal vehicle, disinfect surfaces (steering wheel, door handles, shift gear, etc.).



When entering your house, before doing anything else, wash your hands with soapy water for at least 20 seconds.



Disinfect any objects that may have been handled during the day (keys, cell phone, wallet, etc.).



Undress and wash all clothing worn during the day.