

COVID-19 CONTROL MEASURES

Break rooms and eating area

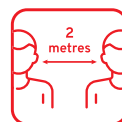


To avoid the spread of the virus, it is important to respect all the hygiene measures put in place.

PROCEDURE TO FOLLOW

- Respect a distance of 2 metres between people in the eating area.
- If possible, keep the same seats and eat with the same people.
- Disinfect the dining area before and after use using the disinfectant and disposable paper left for this purpose.
- Wash hands with soapy water for at least 20 seconds before and after eating.
- Do not exchange anything (cups, glasses, plates, utensils, etc.) with other people.
- Wash dishes in hot water with the usual dish detergent.
- Practice respiratory etiquette by placing the bend of the elbow in front of the mouth when sneezing or coughing.
- Dispose of any soiled tissues or paper towels used to handle equipment in the trash. Then wash hands or use hand sanitizing gel.
- Do not leave tools, equipment or materials in the eating area.
- Disinfect the microwave, refrigerator door, etc., as needed.

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. 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 in the workplace"