

Red Deer Polytechnic

Recommendations for Staying
Healthy in Fall 2021

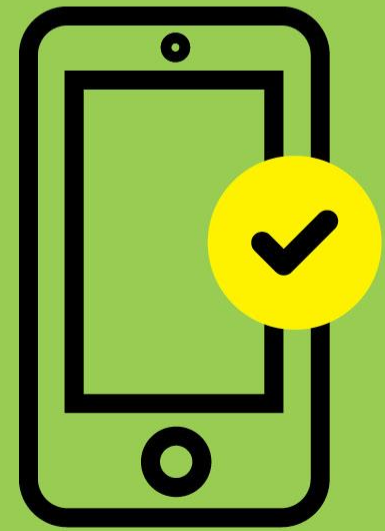
Purpose of This Information

- To educate students, faculty, staff and guests at Red Deer Polytechnic to help prevent the spread of respiratory illnesses, including COVID-19.
- To communicate Red Deer Polytechnic's response and recommendations based on the Government of Alberta's public health restrictions.
- Please note: Red Deer Polytechnic will continue to monitor all public health measures and will update this information, as required, for the health and safety of everyone at our institution.

The following measures are
REQUIRED at Red Deer Polytechnic
until further notice.

Check in Daily with SAFE RDC App

- All students, faculty, staff and guests who come to our campuses are required to complete the COVID-19 Contact Tracing and Alberta Daily Health Checklist using the SAFE RDC App.
- More information on this app, including details on how to download it, are available on our [website](#).



Stay Home if You Are Sick

- If you suspect your illness may be related to COVID-19, then visit the Alberta Health Services [website](#) for more information.
- Staying home when you are ill is an important way to protect those around you from respiratory illnesses, including COVID-19.

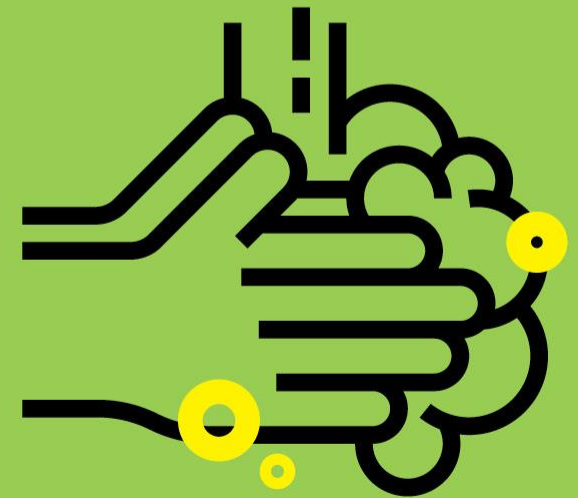


Complete an Illness Reporting Form

- Faculty, staff and students must complete an Illness Reporting Form if they exhibit COVID-19 symptoms, have had a close contact or have received a positive COVID-19 test, as described in [Illness Reporting Procedures](#).

Wash/Sanitize Your Hands

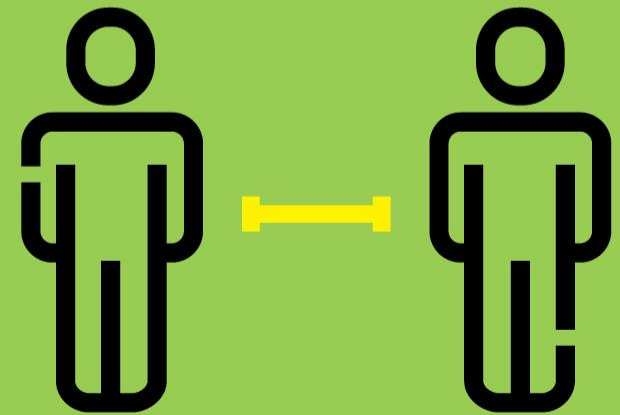
- Everyone who comes to campus is required to wash and/or sanitize their hands regularly.
- Wash your hands for at least 20 seconds or use an alcohol-based hand sanitizer.
- More than 300 hand sanitizer stations have been installed across our campus for ease of access and use.



The following measures are
STRONGLY ENCOURAGED
at Red Deer Polytechnic

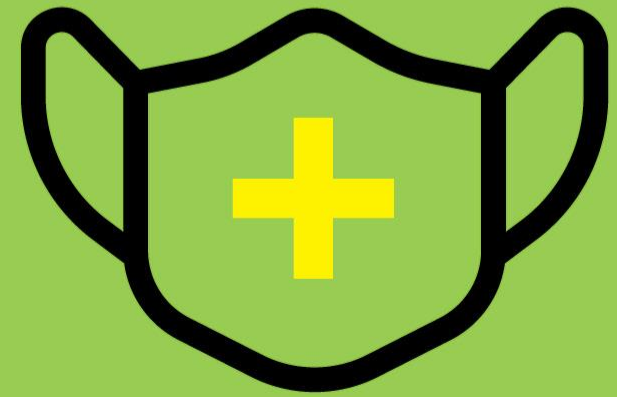
Physical Distancing

- Maintain a two-metre physical distance whenever possible.
- While this is no longer mandatory, it is a good practice to help prevent the spread of respiratory illnesses.



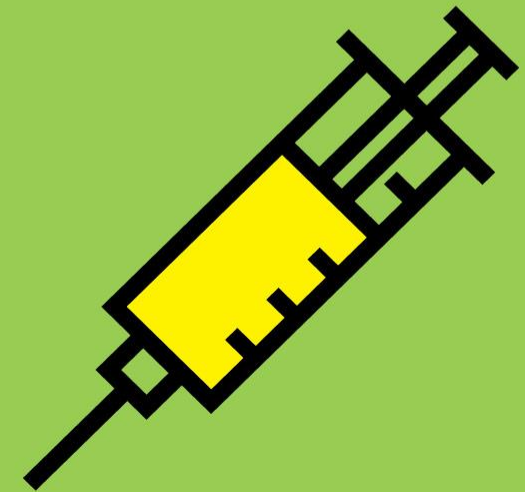
Face Coverings

- Consider wearing a face covering, especially when a two-metre physical distance cannot be maintained.
- While wearing a face covering is no longer mandatory, it is a choice people may make.
- Please be respectful of other people's choices.



Vaccinations

- Consider receiving a COVID-19 vaccine, as it suits your health and wellness circumstances.
- If you have questions about vaccines, please consult a health care professional or visit a website such as [Alberta Health Services](#).



Please adhere to the following general practices for good health and hygiene.

Respiratory Hygiene

- Please cough/sneeze into a tissue or the bend of your arm.
- If a tissue is used, dispose of it immediately in a container and wash your hands.

Respect Plexi-Glass Barriers

- Plexi-glass barriers have been installed across Red Deer Polytechnic's campuses to protect everyone's health and safety.
- Please stay behind these barriers when interacting with others.

Help Maintain a Clean Campus

- Red Deer Polytechnic's Campus Management team has done extensive work throughout the pandemic, providing extra cleaning, as well as disinfecting for all high-touch surfaces.
- Please assist them – and everyone on campus – by helping to maintain clean and litter-free facilities.

Thank You

- We all have individual and shared responsibilities to help keep ourselves and others healthy and safe.
- Thank you for doing your part and adhering to these guidelines, which benefit the entire Red Deer Polytechnic community.
- For more information, visit rdc.ab.ca/covid.