Directive: Self-Isolation Procedures for Students, Faculty and Staff
Returning From International Destinations

Directive Issued: March 13, 2020

Based on recommendations and guidelines from the Nova Scotia Department of Health and Wellness (Public Health), all StFX students, faculty and staff who have travelled internationally as of Friday, March 13, 2020 are to impose a 14-day self-isolation protocol before they can return to campus.

This applies to all StFX students and employees who were outside of Canada, whether for university or personal travel, as of Friday March 13, 2020.

IF THIS APPLIES TO YOU:

- Faculty/staff, please contact the chair of your department, your dean, or direct supervisor to advise of your status.
- Students, please contact your dean to advise of your status.

What is Self-Isolation? (Source: Ottawa Public Health)

Self-isolation is when you have been instructed to separate yourself from others, with the purpose of preventing the spread of the virus, including those within your home. If you are ill, you should be separated from others in your household to the greatest extent possible.

Tips for Self-Isolation

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- Sleep alone if possible
- Regularly wash your hands with soap and warm water for at least 20 seconds
- Try to stay away from older people and those with long-term health conditions
- Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms
- Do not have visitors to your home
- Do not leave the house, for example to go for a walk, to school or public places
If You Develop COVID-19 Symptoms or Think You’re Becoming Ill

- To determine whether you should call 811, [please review this simple questionnaire](#).
- If you develop a fever, with a temperature 38°C or higher, or a cough, call 811 for assessment.
- Nova Scotia Health Authority has established COVID-19 assessment centres. If you need in-person assessment, 811 will refer you to a centre. Don’t go to a COVID-19 assessment centre unless 811 referred you.

Please visit [StFX.ca/coronavirus/FAQ](http://StFX.ca/coronavirus/FAQ) for answers to frequently asked questions.

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