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# VIU’s Communicable Disease Plan Key Points

View the full plan at [viu.ca/communicable-diseases](https://adm.viu.ca/health-and-safety/viu-communicable-diseases-plan)

VIU is dedicated to protecting employees and students from exposure to infectious diseases as well as preventing the spread of communicable diseases in the VIU community.

A communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted in a workplace from one person to another. These diseases can be spread in various ways, such as through the air, contact with contaminated substances or surfaces, or from bites from animals or insects. Examples of communicable diseases that may circulate in the workplace include COVID-19, norovirus and seasonal flu.

**Employees and Students:**

* Stay home when you are sick (e.g. fever and/or chills, recent onset coughing, diarrhea).
* If you begin to feel sick while at work or in class, notify your manager or instructor and go home.
* Appropriate hygiene practices:
	+ Wash or sanitize your hands well and often;
	+ Cough or sneeze into your elbow or a tissue, wash your hands after;
	+ Do not share food, drinks or utensils;
	+ Consider physical distancing;
	+ Avoid touching your eyes, nose and mouth with unwashed hands; and
	+ Follow guidance and notices issued by the provincial health officer and medical health officer for our region.

**VIU will ensure that:**

* Employees and students are supported when they are absent from work and class due to illness.
* Hand washing sinks and/or hand sanitizer stations are available in all buildings.
* Adequate cleaning levels are maintained, and enhanced cleaning is implemented when directed by the Public Health Office.
* Ventilation systems continue to be inspected and maintained to [WorkSafeBC](https://www.worksafebc.com/en/resources/health-safety/information-sheets/prevent-spread-communicable-disease-ventilation-air-circulation?lang=en) standards.
* Employees and students are supported to receive immunizations for vaccine-preventable disease.
* The advice and direction of the Public Health Office is followed.
* Additional measures are implemented when the risk of transmission is elevated.
* Outbreaks of communicable diseases at VIU will be managed in consultation with regional Medical Health Officers.