

SEMINARY OF CHRIST THE KING

COVID-19 UPDATE

SEMINARY OF CHRIST THE KING • PO BOX 3310 • MISSION, BC • V2V 4J5 • PHONE: 604-826-8715 • FAX: 604-826-8725
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Mask use

- Effective March 11, 2022 the indoor mask order was lifted.
- Mask-wearing is optional for all students, employees and visitors present on our campus, student housing, classrooms, common areas and office spaces where the public is being served.
- While masks are no longer required or mandated, we recognize that we all have our own risks and vulnerabilities and support everyone's choice to wear a mask, if they feel more comfortable doing so.

Gatherings and Events on campus

- Effective April 8, 2022, there are no longer any restrictions required to access SCK social and organized gatherings and events.

NOTE: Public health measures and restrictions may be reintroduced depending on the evolving COVID-19 situation.

COVID-19 Symptoms

COVID-19 is now managed like other respiratory illnesses and symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

Key symptoms of COVID-19 include:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

According to the Provincial Health Office, if you have mild symptoms and no risk factors for severe illness, you do not need a COVID test. Learn more about when to get a COVID-19 test

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here (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/when-to-get-a-covid-19-test>) or use the COVID-19 Self-Assessment tool (<https://bc.thrive.health/covid19/en>) to determine if you need testing. If you are unsure, contact your health care provider or call 8-1-1. We do have self-testing kits on hand and seminarians can request one if they wish.

If testing is NOT recommended and you have mild symptoms:

- Even if you aren't recommended for testing, it's still important to stay home to reduce any potential spread of COVID-19.
- Self-isolate until your fever is gone and you feel well enough to return to regular activities

Close contacts

- At this time, close contacts are not required to self-isolate or take any special measures.

What to do if you test positive for COVID-19

If you have a confirmed case of COVID-19, follow the guidelines and directions from BC Centre for Disease Control (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>) and/or your health practitioner.

1. Check if you may benefit from treatment

There are some treatments available for people who tested positive for COVID-19, and are not in the hospital, and who are at higher risk of serious illness from COVID-19.

To find out if you may benefit from treatment and how to get the treatment, visit gov.bc.ca/covidtreatments or call 1-888-268-4319.

2. Self-isolate and manage your symptoms

Self-isolation essentially means keeping away from others to help stop the spread of COVID-19.

Who needs to self-isolate?

- i. Anyone who tests positive for COVID-19 will need to self-isolate.
- ii. You tested negative for COVID-19 but have symptoms: A negative test result means that you likely did not have COVID-19 on the day you had the test. You may stop self-isolating once you feel well enough to return to regular activities.

How long should I self-isolate?

The amount of time you need to self-isolate depends on your vaccination status and age.

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If you tested positive for COVID-19 and are fully vaccinated

You are considered to be fully vaccinated if you have two doses of any of the World Health Organization approved COVID-19 vaccines or one dose of the Janssen COVID-19 vaccine. You do not need to have a booster dose to be considered fully vaccinated.

If you test positive for COVID-19 and are fully vaccinated, you need to self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever.

You do not need to be re-tested for COVID-19 to end your self-isolation period and return to your normal activities.

If you tested positive for COVID-19 and are not fully vaccinated

If you have not received a full series of any of the World Health Organization approved COVID-19 vaccines, you are not fully immunized.

If you are 18 years of age or older, test positive for COVID-19, and are not fully vaccinated, you need to self-isolate at home for 10 days AND until you no longer have a fever AND your symptoms improve. You do not need to be re-tested for COVID-19 after your self-isolation period ends to return to normal activities; you can remain test positive for many weeks, even after you are no longer infectious.

If you are under 18 years of age, test positive for COVID-19, and are not fully vaccinated, you need to self-isolate at home for 5 days AND until you no longer have a fever AND your symptoms improve. You do not need to be re-tested for COVID-19 after your self-isolation period ends to return to normal activities; you may continue to test positive for many weeks, even after you are no longer infectious.

