



MEMORANDUM (Toronto Campus):	
<ol style="list-style-type: none"> 1. COVID Symptoms - How to Navigate? 2. COVID Screening 3. ID Cards and Access to the Building 4. Medical Masks 5. Physical Distancing 6. Eating 	
Date:	May 5, 2022
To :	Students, Staff, and Faculty
From :	Dr. Jonathan Prousky, ND MSc, MA, RP & Dr. Jonathan J. Tokiwa, BScN, RN, ND, MEd
Subject:	Compliance Reminders

1. COVID Symptoms - How to Navigate?

- Individuals who have symptoms of upper respiratory illness or other symptoms that could be suggestive of COVID (e.g., myalgia, nausea, vomiting, or abdominal pain) that are not related to a pre-existing illness or another health condition must not come to work, or should leave work immediately. Moreover, they should self-isolate and receive testing for COVID if they meet/satisfy Public Health guidelines (“Who May Access PCR Testing for COVID; <https://www.toronto.ca/home/COVID/COVID-what-you-should-do/COVID-assessment-centres/>).
- If the individual tests positive with COVID, and/or has symptoms suggestive of COVID (<https://www.toronto.ca/home/COVID/COVID-what-you-should-do/COVID-what-to-do-if-you-have-COVID-symptoms/>), this needs to be followed by self-isolation.
 - 5 days if fully vaccinated (i.e., from the positive test collection date or from the day symptoms began, whichever happened first) before the individual can return to work.
 - 10 days if not fully vaccinated (i.e., from the positive test collection date or from the day symptoms began, whichever happened first) before the individual can return to work.
 - You must remain in isolation until you have no fever and your symptoms are getting better for at least 24 hours (48 hours if you have gastrointestinal symptoms such as vomiting or diarrhea).
- You are considered **fully vaccinated** in Ontario if you have received:
 - The full primary series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines (two doses of Moderna, Pfizer-BioNTech, Novavax, Medicago, AstraZeneca, including COVISHIELD) in any combination or one dose of Janssen (Johnson & Johnson); or
 - A full or partial primary series of a non-Health Canada authorized vaccine plus any additional recommended doses of a Health Canada authorized COVID-19 vaccine to complete the primary series; and
 - Your final dose of the COVID-19 vaccine at least 14 days before providing the proof of being fully vaccinated
 - Individuals should receive all recommended doses (including booster doses) to stay up to date with their COVID-19 vaccines. Visit the Recommended Doses guidance to see if you are up to date.

2. COVID Screening

- The main entrance is the *only* entry point into the building. You may not prop open the back cafeteria doors to let others in. When accessing the building, all staff, faculty, students, interns, business tenants, and people living in residence must complete a COVID self-assessment form **every day** that they are preparing to come to the College. **Do not let others in with your ID.** This is critical for contact tracing. To access this form: <https://www.ccnm.edu/COVID-19>.

3. ID Cards and Access to the Building

- When you enter via the main entrance (through the marked doors) be sure to swipe your ID card on the card reader. When you exit the main entrance (through the marked doors) be sure to swipe your ID card on the card reader.

4. Medical Masks

- All employees and students are to wear medical masks while onsite.
- Medical masks must be worn by all supervisors and clinical interns in the clinic, and during all rotations.

5. Physical Distancing

- Physical distancing means keeping our distance from one another, and limiting activities outside the home. When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.

6. Eating

- There will be no eating outside of the cafeteria unless other areas have been designated for special events.
- Interns and supervisors can eat in the conference rooms again (see appended "Guidelines for Eating in the Clinic Conference Rooms").

Thank you,

Dr. Jonathan Prousky, ND, MSc, MA, RP
Chief Naturopathic Medical Officer

Dr. Jonathan J. Tokiwa, BScN, RN, ND, MEd
Associate Dean, Academic Education



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CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Guidelines for Eating in the Clinic Conference Rooms As of March 24, 2022

Eating should ideally continue to take place in the cafeteria. However, with restrictions lifting there will be times when that is not possible. If you are going to eat in the conference room, please adhere to the following guidelines:

1. Be courteous to those around you, let people know you are planning to take off your mask to eat allow those who are not comfortable staying in the room to leave
 - If someone wants to eat in a room that you are currently in and you are not comfortable, please use Hub 2 (by the linen room) or the patient resource centre (2nd floor) to work while you allow them some time to finish their meal.
2. Ensure the door to the conference room is closed and the air purifier is turned on, open the window if possible
3. Maintain physical distance from others in the room while eating
4. If you are in a room with someone eating, please continue to wear your N95 mask
5. As soon as you are finished eating, please return to wearing your mask