



**CCNM**

CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

**MEMORANDUM (Toronto Campus):**

1. What to do if you are sick?
2. What to do if you have symptoms of COVID-19, and/or have tested positive?
3. Vaccination Policy - Toronto Campus

**Date:** October 26, 2022

**To :** Students, Staff, and Employees

**From :** Dr. Jonathan Prousky, ND MSc, MA, RP

**Subject:** Compliance Reminders

**1. What to do if you are sick?**

- Stay home to prevent transmission to others, except to seek testing or medical care if required.
- You should stay home until all of the following apply to you:
  - i. your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
  - ii. you do not have a fever
  - iii. you do not develop any additional symptoms
- When your symptoms are improving and you are no longer isolating at home, doing the following can provide extra protection against the spread of COVID-19 and other respiratory viruses circulating in the community.
- For 10 days after your symptoms started:
  - i. wear a well-fitted mask in all public settings
  - ii. avoid non-essential activities where you need to take off your mask (for example, dining out)
  - iii. avoid non-essential visits to anyone who is immunocompromised or may be at higher risk of illness (for example, seniors)
  - iv. avoid non-essential visits to highest risk settings in the community such as hospitals and long-term care homes

**2. What to do if you have symptoms of COVID-19, and/or have tested positive?**

- Symptoms of COVID-19 and its variants range from mild — like the flu and other common respiratory infections — to severe. If you feel sick, it's important that you stay home and talk with a primary care provider or physician if necessary.
- Stay home and self-isolate until all of the following apply:
  - i. your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
  - ii. you do not have a fever
  - iii. you have not developed additional symptoms
- Learn how to properly self-isolate when you have COVID-19.
- Do not leave your home except to get tested, to visit a clinical assessment centre, or for a medical emergency. If you have severe symptoms like chest pain or difficulty breathing, go to the nearest emergency department.
- You should then continue to take additional precautions for up to 10 days after your symptoms started.
- If you are immunocompromised
  - i. If you are immunocompromised and test positive for COVID-19 or have not been tested, you should stay home for 10 days and follow the guidance below on COVID-19 testing and treatment, as you may benefit from available therapies to prevent severe illness.
  - ii. If you test negative for COVID-19, you can stop isolating at home once your symptoms are improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea) and you do not have a fever.
  - iii. You can then take additional precautions for up to 10 days after your symptoms started as extra protection against the spread of COVID-19
- Inform others of the exposure

- i. Tell your household members and similar close contacts that you are sick
- ii. A close contact is anyone you were less than two metres away from for at least 15 minutes, or multiple shorter lengths of time, without measures such as masking, distancing, and/or the use of personal protective equipment in the 48 hours before your symptoms began or your positive test result, whichever came first.

### 3. Vaccination Policy - Toronto Campus

- The vaccination policy for the Toronto campus has been updated. You can view it here: <https://ccnm.edu/about/policies/vaccination>.
- Fully vaccinated – 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.
- Up to date - means a person has received all recommended COVID-19 vaccine doses, including any booster dose(s) when eligible.