



# ISOLATION SUITE RESOURCE

FLEMING COLLEGE - RESIDENCE OFFICE  
PLAY SAFE, PROTECT YOUR HOUSE

# **Fleming College Campus COVID19 Information**

Please click on the "i" icon to read  
about Fleming Safety Measures and  
Protocols





## **Call 911 if you are experiencing any of the following symptoms:**

- severe difficulty breathing (struggling for each breath, can only speak in single words)**
- severe chest pain (constant tightness or crushing sensation)**
- feeling confused or unsure of where you are**
- losing consciousness**

# Reach Out!

We are here to help support you during your time  
in self-isolation

We will contact you on the first business day of  
your isolation to ensure that you have the items  
that you need and to see how you are doing

We can help connect you with College and  
community supports

To connect with Residence staff:

Email: [fleming-housing@flemingcollege.ca](mailto:fleming-housing@flemingcollege.ca)

Phone: 705-749-5100



# **Mental Health and Crisis Support**

Fleming Counselling Services will check-in with you the first business day of your stay in the isolation suite.

Please note that individual counselling appointments are available via telephone and WebEx.

Contact Melissa Murray to complete an intake and to get connected for individual counselling

Email: [melissa.murray@flemingcollege.ca](mailto:melissa.murray@flemingcollege.ca)

Phone: 705-749-5530 ext 1673

Same day telephone support is also available.

Please call (705) 749-5530 ext. 1440

Monday 1 - 4 p.m.

Wednesday 10 a.m. - 1 p.m.

Friday 1 - 4 p.m.

# Mental Health and Crisis Support

Please visit the Fleming Wellness Hub website for many great resources and links to help maintain your wellness.

<https://flemingcollege.ca/personal-wellness-supports>

Crisis supports

Four County Crisis 1-866-995-9933

<https://cmhahkpr.ca/programs-services/four-county-crisis/>

SUPPORT  RT

# Mental Health and Wellness Support



## REAL CAMPUS

REAL Campus is a benefits program for students. At REAL Campus you can access benefits under the following areas, "Speak to a therapist", "Speak to a counsellor" and "Speak to a doctor". Check it out! All student registered in the Student Health Plan are eligible to access REAL Campus powered by Maple follow the link to at [www.realcampus.ca](http://www.realcampus.ca)



## GOOD 2 TALK

Ontario's 24/7 helpline for postsecondary students. 1 866 925 5454 or text GOOD2TALKON to 686868

## CONNEX 1-866 -531-2600

Connex Ontario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Our system navigation and information service is live-answer 24/7, confidential, and free.



# Mental Health and Wellness Support



## BOUNCE BACK

Canadian Mental Health Association (CMHA) designed to help adults manage low mood, mild to moderate depression and anxiety, stress or worry.

[www.bouncebackontario.ca](http://www.bouncebackontario.ca),



## BIG WHITE WALL

An online peer to peer support community visit

[www.bigwhitewall.com](http://www.bigwhitewall.com)





# COVID-19 and Food

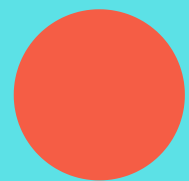
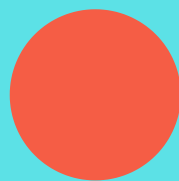


Make use of your suite kitchen and order groceries using Instacart. Create an account and make sure that you make clear instructions that you need touch-less drop off :

[InstaCart](#)

If you would like to order a meal, consider take-out from [Skip the Dishes](#) (Ptbo. only)

[Uber Eats](#) (Ptbo. only)



Click on the links below to learn about COVID and healthy food habits

[Healthy Eating During COVID-19](#)

[Coronavirus disease \(COVID-19\) and food safety.](#)

# Grocery & Meals to Go

Food To Go at your convenience

\*only available in Ptbo. at ths time

While in isolation, you can order groceries and meals from the Residence Market Place. We can make arrangements for delivery.

Orders can be placed Mon, Tue, Thu & Fri  
9am-1pm

To place your order, visit  
[flemingcollege.catertrax.com](http://flemingcollege.catertrax.com)

Send an email to  
[fleming-housing@flemingcollege.ca](mailto:fleming-housing@flemingcollege.ca)  
to make arrangements for delivery.

## PAYMENT METHOD DETAILS:

Credit Card: 1) Order online 2) Process payment  
online



# **Laundry Services**

Laundry Services can be provided upon request. We encourage for you to bring 14 days of clothing, if possible

Please contact  
[fleming-housing@flemingcollege.ca](mailto:fleming-housing@flemingcollege.ca)  
to inquire about laundry services

# **Evacuation Process**

In the case there is an evacuation of Residence, Remember to please wear a mask and maintain physical distancing.

# **Garbage Removal**

Place items in orange garbage bag provided. Please email [fleming-housing@flemingcollege.ca](mailto:fleming-housing@flemingcollege.ca) to make arrangements for pick-up time

## Coronavirus Disease 2019 (COVID-19)

# How to self-monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

## Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

## Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

## What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on [how to self-isolate](#)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

Please [click here](#) for COVID-19 Self-Assessment Tool

# COPING WITH STRESS DURING COVID-19

*It's normal to feel sad, stressed, confused, scared, or angry.  
Talking to people you trust can help.*

## MAINTAIN A HEALTHY LIFESTYLE

as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

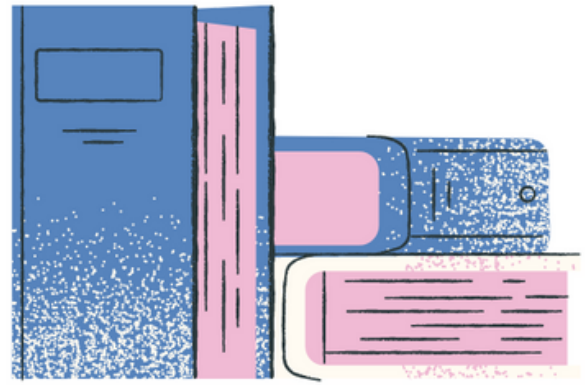


## SEEK PROFESSIONAL HELP

for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

## GATHER FACTUAL INFORMATION

from credible sources to help you accurately determine your risk and take reasonable precautions.



## AVOID BAD MEDIA

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

## MANAGE YOUR EMOTIONS

by using skills that you've used in the past when facing life's adversities.



#StopTheSpread

# How to use a mask?

Source: World Health Organization



## Before Putting on a Mask:

Clean hands with alcohol-based hand rub or soap and water.



## While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



## To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands** with alcohol-based hand rub or soap and water.



# HANDWASHING

# 101

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01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel and void rubbing too vigourously.



# **Fleming College Contacts**

For key contacts, please see the link below:

<https://flemingcollege.ca/student-experience/orientation/contacts>

Contact Information for the Residence Office

Email: [fleming-housing@flemingcollege.ca](mailto:fleming-housing@flemingcollege.ca)

Phone: 705-749-5100

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Protect Your House**

