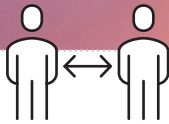


SAIT RESIDENCE COVID-19

Things to know, how you can help, resources available

The health and safety of our residents and employees is our top priority.

SOCIAL DISTANCING



Alberta Health Services recommends keeping at least two metres (the length of a bicycle) of distance between yourself and others.

WASH HANDS



Make a point of washing your hands for at least 20 seconds with soap and water frequently.

DISINFECT HIGH TOUCH PLACES OFTEN



Think things like:

- cell phone
- keyboard and mouse
- door handles
- kitchen and bathroom taps

Building rules

GUESTS

To protect the health of all residents, guests are not permitted.

COMMON AREAS

Please follow the recommended social distancing requirements — keeping at least two metres between you and any person, wash your hands before and after being in any common area.

ELEVATOR ETIQUETTE

Avoid overcrowding — take the stairs or wait for the next elevator.

- If you can, take the next elevator if it's already occupied or limit the number in an elevator car to 2-3 people.
- Avoid touching your face after pushing floor buttons.
- If you feel like you need to cough or sneeze while in the elevator, do so into the inside of your elbow.
- Wash with soap or sanitize your hands after leaving the elevator.

IF YOU'RE FEELING UNWELL

For the health and safety of others, please stay in your room. If you think you may have been exposed to COVID-19, self-isolate and visit [ahs.ca/covid](https://www.ahs.ca/covid) and complete the online self-assessment to determine if you need testing. If you would like to see a nurse or doctor, the Health Services Clinic at SAIT is available by appointment only Monday to Friday, please call 403.284.8666 to book.

If you need assistance or support, please contact the Residence Team: 403.284.8013 ext. 1.

The Residence Team is here to support you — we are in this together and we are here for you. Please connect with us if you have any questions or concerns.

residence@sait.ca | 403.284.8013 ext. 1



Try these tips for healthy coping

PRO TIP

Join the SAIT Residence 2019/2020 Virtual Residence Life group and reach out to your new virtual roommate.

Establish meaningful connections.

Shift from texting to voice or video calling to feel more connected to others.

Set boundaries for yourself.

Limit the time you spend looking at news to an hour a day. Visit sait.ca/covid19 for regular updates around SAIT's response.

Connect with nature.

Getting outside has a number of benefits:

- Exercise in fresh air will make you feel better and contribute to keeping your immune system healthy.
- Looking at nature can remind you of all that is alive and well. At this season, birds are starting to sing and some are getting ready to nest. Watching this can be comforting, uplifting or at least pleasantly distracting.

Directly address your worry and anxiety.

There are several helpful strategies for this. Try writing down your thoughts when you find yourself ruminating or obsessing. Go back through them and note which seem like beliefs vs. facts. Ask yourself if the thought is helpful or unhelpful.

Take a break. Calm your mind.

Explore mindfulness practices by incorporating a mindfulness podcast or app into your life.

Establish a daily routine.

Try to make the unpredictable feel more manageable and in your control by establishing a daily routine. Make self-care a priority.

Replace fear with facts.

Make use of credible news sources and avoid panic and misinformation. Credible sources of information and advisories can be found at sait.ca/covid19.

Look forward to the future.

Humans have an incredible capacity to adapt and bounce back in difficult times.

Food services

The Corner Store at the base of Begin Tower will be open Monday to Friday from 8 am to 8 pm, and Saturday to Sunday from 10 am to 6 pm (hours subject to change).

Well-being

This is a difficult and uncertain time, and your mental health is important. Student Development and Counselling is available for support by phone at 403.284.7023, Monday to Friday, 9 am to 4 pm.

Students can also reach out directly to community resources for support, including:

CALGARY DISTRESS CENTRE

Chat and text support available 24/7
Contact: 403.266.HELP (4357)

COMMUNITY RESOURCE TEAM

Chat and text support available 24/7
Contact: 403.299.9699

ALBERTA 211 COMMUNITY AND SOCIAL SERVICES HELP LINE

Support available 24/7
Contact: 211

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