

Health Services

Office of the
Medical Officer
of Health

PO Box 667
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peelregion.ca

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Dear students,

Welcome to Peel! As the Medical Officer of Health for the Region of Peel, I would like to welcome you into the coming school year. Attending college or university is an exciting time, and we are committed to working with post-secondary schools in Peel to ensure students have a positive experience while keeping health and safety top of mind.

Since the beginning of the pandemic, Peel Public Health has responded to COVID-19, conducted contact tracing, outbreak management and worked with all levels of government and local partners to ensure preventative actions are taken to reduce the spread of transmission. As schools reopen, we'll need to continue working together and do our part to collectively keep the virus at bay.

We recognize that attending college or university is not only about learning, but also meeting new people, being social and trying new activities. In deciding what activities you're going to participate in, consider that being in closed spaces for a long period of time and attending crowded events with singing or cheering can increase your risk of exposure to COVID-19. Think about how you can practice the Core Four when you're studying together, at gatherings, or dating. Staying safe doesn't mean that you must be alone – be smart when you're being social.

How to stay healthy

You can do your part by following the [Core Four actions](#):

1. **Stay apart:** maintain 2-metres distance from everyone outside your safe [social circle](#).
2. **Lather up:** wash your hands often for at least 20 seconds with soap and water or use hand sanitizer.
3. **Mask up:** Wear a non-medical mask where maintaining physical distancing is difficult and where [masks are mandatory](#), such as public transit.
4. **Get tested:** if you or anyone in your household or social circle is sick or has been exposed to someone with COVID-19, get tested at the [nearest assessment centre](#) and stay home. Do not go to school while you're waiting for test results and follow the instructions of your healthcare provider. Find out what virtual learning options are available at a distance.

Your school is putting in place additional health and safety measures to ensure that students and staff are safe and able to practice physical distancing while on campus. You should also check yourself for COVID-19 symptoms using the [self-assessment tool](#) before you head out the door.

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Mandatory quarantine and testing for international students

If you've travelled to Canada from any country, it's [required by law](#) that you go directly to your chosen destination to quarantine. You'll need to self-isolate for 14 days whether or not you have symptoms of COVID-19. There may also be additional requirements for international students such as mandatory testing, details of which will be provided to you as they become available.

You can connect with your school to learn about how they can assist you with the process, and the steps you'll need to take if you develop symptoms of COVID-19 while in isolation.

Keeping our community safe

Get details about what health and safety measures your college or university has in place to protect students and staff. Student mental wellness and other support services may be available at school for those who are finding this time especially challenging. There are a variety of [services across the region](#) that support mental health and wellbeing.

Check out www.peelregion.ca/coronavirus and follow the Region of Peel on Twitter (@regionofpeel), YouTube, Facebook and Instagram (@peelregion.ca) for more information and helpful tools. If you have COVID-19 related questions, call Peel Public Health 905-799 7700 (Caledon 905-584-2216), 8:30 a.m. to 4:30 p.m., Monday to Friday.

Thank you for your continued support and wishing you a safe academic year ahead.

Sincerely,



Lawrence C. Loh, MD, MPH, FCFP, FRCPC, FACPM
Medical Officer of Health