

York University COVID-19 Fact and Information Sheet

What is COVID?

COVID-19 is a **viral infection** that mainly affects the lungs, but it can also cause damage to other organs. Some people can get very sick with COVID-19 and may require hospitalization or get long-lasting symptoms.

What are symptoms of COVID-19:

Symptoms can appear up to 14 days after having close contact with a COVID-19 case.

Common [symptoms](#) include: fever, cough, trouble swallowing, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea, and difficulty breathing.

If you have symptoms, do not come to campus, or leave campus immediately, and complete [YU Screen](#) for further direction and information.

How does COVID-19 spread?

COVID-19 is spread by respiratory droplets and aerosols, most often from [close contact](#) with an infected person (even if the person has no symptoms), such as:

- Being within 2 metres for 15 minutes [or](#) more, in crowded indoor spaces or having physical contact, such as hugging someone;
- Respiratory droplets from your nose and mouth when you breath, talk, cough or sneeze;
- Aerosols, tiny respiratory droplets that can stay in the air longer; or
- Touching something with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

How can I protect myself and others from COVID-19?

Self-isolate if symptomatic: Stay home and self-isolate if you are feeling unwell. Get tested, if eligible.

Get vaccinated: COVID-19 vaccines are safe and effective. Being fully vaccinated, plus getting booster shots when eligible, reduces the risk of getting, spreading and becoming seriously sick from COVID-19 and variants. Everyone is strongly encouraged to get vaccinated as soon as possible.

Wear a mask: Wearing a high quality, well-fitted mask protects ourselves and others from respiratory droplets and aerosols. Consider a medical mask or respirator for even better protection. Please review York's [Mask Protocol](#) and [Mask FAQs](#) for more details on masking.

Practice physical distancing: COVID-19 is spread mainly from person-to-person through respiratory droplets that can travel up to two metres. Keeping a physical distance from others, where possible and reasonable, is an extra measure that can be taken to reduce the risk of COVID-19.

Use respiratory etiquette: Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm.

Wash your hands: Touching your eyes, nose, or mouth without cleaning your hands or sneezing or coughing into your hands may provide an opportunity for germs to get into your body. Keeping your hands clean through [good hygiene](#) practice is one of the most important steps to avoid getting sick and spreading germs.

What are current York University measures and requirements?

Please visit [YU Better Together](#) for the most up-to-date information regarding York's current measures and requirements (including [masking](#), [ventilation](#)).

Resources:

Toronto Public Health: [COVID-19: Reduce Virus Spread Guide](#)

Toronto Public Health: [Hand Hygiene](#)

Toronto Public Health: [COVID-19: Cover Your Cough \(poster\)](#)

Toronto Public Health: [COVID-19 Guidance: Employers, Businesses & Organizations](#)

Toronto Public Health: [COVID-19 Guidance: Post-Secondary Schools](#)

[Toronto Public Health: COVID-19 Guidance: Use of Face Masks and Respirators](#)