

From: [Khanlian, Hourik](#)
To: [Khanlian, Hourik](#)
Cc: [Porter, Susan](#); [UBC-FOGS Postdoctoral Fellows Office](#); [Henderson, Sarah](#)
Subject: UBC UPDATE - COVID-19
Date: Monday, March 16, 2020 11:25:41 AM
Attachments: [image001.png](#)
Importance: High

Dear UBC Postdoctoral Community,

We are aware that the outbreak and spread of novel coronavirus (COVID-19) can raise questions and concerns. Please know that the University is taking all necessary precautions and is monitoring the situation very closely.

The University is receiving regular updates from Vancouver Coastal Health, the BC Ministry of Health, the BC Ministry of Advanced Education, Skills and Training, and the Office of the Premier concerning the COVID-19 virus. While the risk to British Columbia remains low at this time, the situation is rapidly evolving.

We have updated the PDFO website with a global announcement to direct all visitors with questions to the central ubc.ca information and FAQ at <https://www.ubc.ca/campus-notifications/>, and have postponed some of our upcoming professional development activities over the next few weeks.

Additionally, **UBC has just released a [Broadcast Update regarding remote working opportunities which includes Postdoctoral Fellows](#)**. We encourage all postdocs to review this broadcast and work with their PI's and units on how best to continue their work in a safe manner. If you have any questions or concerns about working remotely, please connect with your units directly, as they are in the best position to provide assistance and support.

Based on the current risk assessment of public health officials, our first line of defense is following proper health hygiene.

WHAT CAN YOU DO:

- Frequent hand washing, hand sanitizing and covering your mouth when coughing/sneezing
 - Washing our hands thoroughly and frequently with soap and water is the most important protective measure, both for ourselves and the community. Singing "Happy Birthday" is about the right length of time for an effective hand wash (at least 20 seconds).
- Regularly wipe down and sanitize your workspace.
- Maintain a healthy lifestyle (proper diet, sleep and exercise) to help keep your immune system strong.
- If you, a roommate, or an immediate family member are not feeling well, we ask that you stay home to avoid passing potential illness to others.
- Older adults and people who have chronic medical conditions should take the necessary precautions to avoid exposure to others
- Avoid close contact with individuals who are ill
- Avoid touching your eyes, nose and mouth with unwashed hands
- If travelling out outside Canada, the BC government has now mandated that a 14-day self-isolation is required upon your return

Importantly, if you have flu-like symptoms, we advise you to consult a doctor and seek medical care. If you are unsure if you should seek medical care, you can dial [HealthLinkBC's free phone line](#) at 8-1-1 at any time to speak to a health services navigator.

Reliable Sources of Information

1. World Health Organization - <https://www.who.int/> • Q&A on coronaviruses - <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
2. British Columbia Centre for Disease Control - <http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus>
3. Vancouver Coastal Health - <http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus>
4. Public Health Agency of Canada –
 - FAQ's - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html>
 - Outbreak Update - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
5. Government of Canada Travel – <https://travel.gc.ca/travelling/advisories>

Please note that <https://ubc.ca> continues to be the main source of updates for the community

Finally, we want to remind you of the resources available to you through UBC's [Employee and Family Assistance Program](#) (EFAP). This confidential and voluntary counselling support service, provided through Morneau Shepell, is available in multiple languages and formats, and counsellors can help with a range of issues including stress, depression, anxiety, and relationship issues. The Morneau Shepell Care Access Centre is available 24 hours a day, seven days a week at **1-800-387-4765 or through workhealthlife.com**.

Wishing you and your families a safe few weeks.

Best,
Hourik

Hourik Khanlian, CPHR, SHRM-SCP
Senior Manager, Human Resources & Postdoctoral Affairs
Faculty of Graduate & Postdoctoral Studies
The University of British Columbia | UBC Vancouver Campus
170-6371 Crescent Road | Vancouver BC | V6T 1Z2 Canada
Phone 604 827 5394 | Fax 604 822 9202
hourik.khanlian@ubc.ca | postdoctoral.fellows@ubc.ca
<http://www.grad.ubc.ca> | <http://www.postdocs.ubc.ca>



THE UNIVERSITY OF BRITISH COLUMBIA

Notice of Confidentiality: The information transmitted is intended only for the person or entity to which it is addressed and may contain confidential and/or privileged material. Any review re-transmission dissemination or other use of or taking of any action in reliance upon this information by persons or entities other than the intended recipient is prohibited. If you received this in error please contact the sender immediately by return electronic transmission and then immediately delete this transmission including all attachments without copying distributing or disclosing same.