

November 29th, 2021

COVID-19 Planning Update

Kia ora,

A beginning of week update to share with you some key outcomes from the recent workshop we were fortunate to have with a very busy SDHB.

It was a valuable opportunity to raise concerns we had and gain an insight into their planned operational responses in the event of a localised outbreak. We took away a great deal of comfort knowing that we have taken the correct steps in our scenario planning to date with the health board validating our proactive approach.

There are however a few recommendations and best practice steps that we as a community need to start implementing to lessen our risk wherever possible.



Testing: Early detection of a positive case is important to mitigate the risk of transmission to others. If you have any symptoms, common ones being:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath.

you should be getting tested. There are other less common symptoms and you can find out more [HERE](#). If you are identified as a close contact of a case, you would also need to be tested. Given campus / hall of residence are considered a high-risk environment, it is likely whole site testing would be carried out in the event of a QRC community case. In this scenario be prepared for a very brief but complete lockdown while the extent of the outbreak is assessed.

To get a COVID-19 test call the local doctors to let them know you have symptoms, and they will guide you from there. Please do not just turn up at the surgery as this poses a further health risk.



Health Care: When an individual returns a positive test the medical officer is notified and as indicated above, an initial assessment is carried out. The individual is then placed under the care of a local GP & the community health team. A doctor will be in touch daily to assess each patient and where additional intervention is required; the community health team will be on hand. If you are not registered with a local GP, it may be a good time to consider switching practice. If you choose not to, you would be assigned a local doctor in the event you test positive. Monitoring devices such as pulse oximeters will be distributed for effective remote monitoring of health status.

Residential staff at the lodges will be on site to assist with operational aspects of the day to day running of the facilities but will not be responsible for managing residents' health – this will fall to the individual & the district health board. Please ensure you have a plan in place to effectively attend to your needs and manage any illness.



Self-Isolation: It is a mandated requirement to self-isolate for anyone who:

- has had a COVID-19 test & is awaiting the result
- has tested positive
- is identified as a close contact

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If you are told to self-isolate by a health official, you legally must do so immediately. Self-isolation means staying at home and taking common-sense precautions to avoid close contact with those you live with. In the hall of residence settings self-isolation will see you largely confined within your room.

Meals will be delivered, and student services will be available to offer additional remote support to ensure you feel connected and safe. The district health board also has welfare/manaaki support available.



Infection Prevention Control: In meeting with a specialist in this area, the messaging was very clear. Do what we have been told from the start – do it well and do it all the time.

- Hand hygiene is crucial. Frequent washing of your hands / sanitising with an alcohol-based product
- Wearing a mask when outside of your residence
- Social distancing where required or as best practice



Mask Wearing: While we continue to live in the absence of COVID-19 in the community, it appears highly likely this will soon change. To instil the best possible habits now, which are required to lessen the risk of transmission, QRC will move to implement all staff, students and contractors wearing masks at any facility (on campus & at halls of residence) when moving around common areas from **Monday 6th December**. Please ensure you have a mask that can be used in the hallways and corridors. We have QRC masks available for sale at reception if required.



Accommodation: The lodge managers request that all residents are reminded of their responsibility to adhere to the COVID rules when remaining at the lodge and to ensure they are actively engaging with information relating to an outbreak. This may be over a variety of channels such as email, social media or via SA's.



A reminder: Look after yourself. Uncertainty can cause heightened levels of anxiety and stress. Stay connected to those you care about and those who can offer support if needed such as:

- Student services here at QRC
- Your GP or local community health centre
- Youthline [0800 376 633](tel:0800376633) www.youthline.co.nz
- [Need To Talk](#) by calling or texting [1737](tel:1737)

Remember your COVID etiquette and follow the rules. If you are unwell seek advice from health line 0800 611 116.

Communication is only as effective as the number of people who take it on board so, please ensure you continue to check emails and read details so that we can work together to lessen the impact of COVID-19 in 2022.

Kind regards



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If you are sick or have symptoms, stay home

Unite against COVID-19
Te Kaitiaki Take Kōwhiri



Wash and sanitise hands often

Unite against COVID-19
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