

What is COVID-19?

COVID-19 is a novel, new coronavirus first diagnosed in humans in late 2019. Coronaviruses can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

Protecting Yourself and Others

For information on how to protect yourself and others click the following link

- [Government of Canada Coronavirus Disease](#)
- Follow the classroom guidelines

To assist health screening, prior to attending class, a [BC COVID-19 Self-Assessment Tool](#) is available to anyone and can be used to help assess [symptoms](#) and determine if you need further assessment or testing for COVID-19.

If you have any concerns or questions regarding your health and safety at TFM, please speak with your instructor or email info@tfmci.com

TFM Student Guidelines

Your safety is our first priority. Our objective is to provide a safe environment and to minimize the risk of spreading the virus by adhering to the Public Health, BCCDC, and WorkSafeBC protocols.

If you are a new or returning student, you must follow the safety rules below. Your actions are critical to protecting not only your health but also that of your classmates, instructors, and the community.

TFM Safety Rules

- **DO NOT COME TO CLASS** if you feel sick or exhibit any of the symptoms of COVID-19, a cold or the flu.
- **DO NOT COME TO CLASS** if you are self-isolating.
- Sanitize hands when coming into class and when opening any door.
- While in class you must always wear a mask.
- Physical distance must always be maintained - **2 meters**.
- Cough or sneeze into your elbow.
- Avoid large gatherings in common areas.
- Do not share tools unless they can be properly disinfected between each use.
- Pay attention to and follow directional and informational signage.
- Do not touch your face unless you have clean hands.
- Clean any tools or equipment you have used, as you are instructed.
- Wash your hands regularly throughout the day.

SYMPTOMS OF COVID-19

Appear 2 to 14 days after exposure and include:

Fever



New cough



Shortness of breath



Other symptoms are: headache, muscle aches, sore throat, runny nose and diarrhea.

If you're sick, even with mild symptoms, stay home, self-isolate and limit contact with others.

COVID-19 Prevention Tips



WASH

Frequently with soap and water for at least 20 seconds



COVER

Sneeze into a your sleeve, elbow or tissue and wash hands



AVOID

touching your eyes, nose and mouth



ISOLATE

Stay home if you are sick



VACCINATE

Make sure your vaccinations up-to-date

Student Training Options

To mitigate the exposure, we offer two options:

1. Virtual Academy
2. Classroom with safety protocols:
 - a. Plexiglass physical barriers
 - b. Limited amount of people
 - c. Physical distancing
 - d. Daily screening
 - e. Masks worn at all times
 - f. Thorough daily sanitization