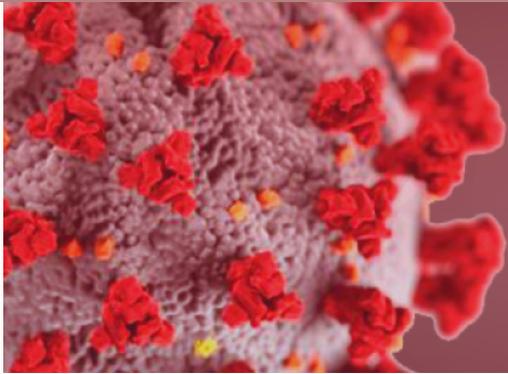


APRIL  
2020

# OKANAGAN COLLEGE STUDENTS' UNION

COVID-19 Newsletter



## COVID-19

### What are we doing?

#### A MESSAGE FROM YOUR OCSU CHAIRPERSON, ALEX STARKER

With the currently unfolding COVID-19 pandemic the staff and student representatives at the OCSU are here for you. During this time, while practicing social distancing, we are advocating for student needs with the staff and faculty at Okanagan College, continuing to oversee the Green Shield health and dental plan, collecting student discounts for the Deals app, and providing updates on social media and the OCSU app that are relevant to students.

I know this can be an extremely stressful situation and I'd like to remind you that the Okanagan College counselling webpage offers a number of free resources along with virtual counselling at this time. If you have any additional questions or concerns, please reach out to us. We are here for you and we are all in this together!

OCSU representatives will be working remotely. Students are encouraged to email:

General inquiries: [info@ocsu.ca](mailto:info@ocsu.ca)

Kelowna representative: [berchowicz@ocsu.ca](mailto:berchowicz@ocsu.ca)

Penticton representative: [potter@ocsu.ca](mailto:potter@ocsu.ca)

Salmon Arm representative: [loftus@ocsu.ca](mailto:loftus@ocsu.ca)

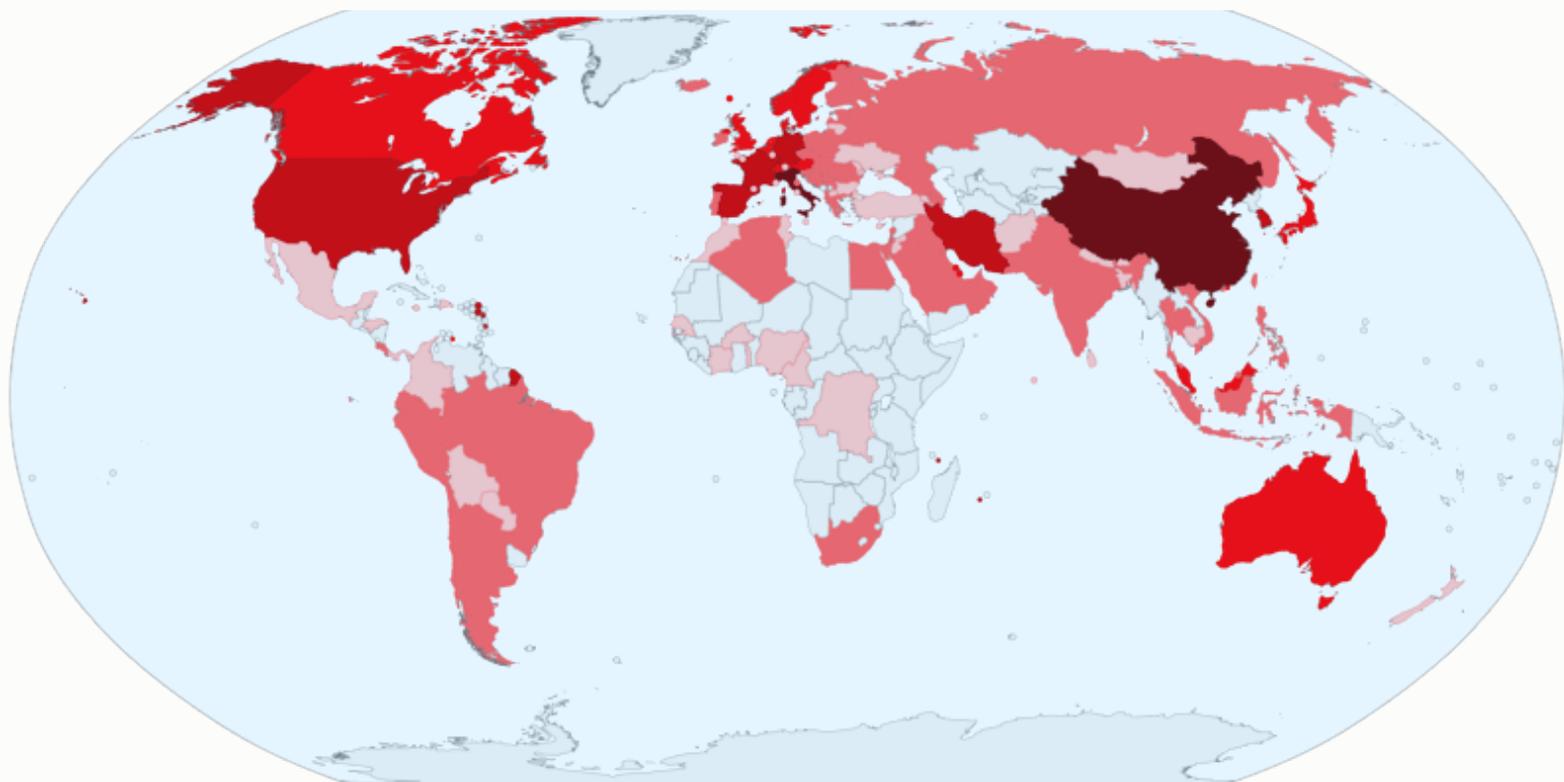
Health and dental inquiries: [health-dental@ocsu.ca](mailto:health-dental@ocsu.ca)

Lost and found: [laitinen@ocsu.ca](mailto:laitinen@ocsu.ca) (Kelowna)

Bus passes can be purchased at Kelowna City Hall, 1435 Water St, but are currently waived for the month of April

Updates will also be provided through OCSU app, available for free on the Apple App Store and Google Play store

**Important  
Resources:**



# What is social distancing?

## GOVERNMENT OF CANADA

### What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including: avoiding crowded places and non-essential gatherings, avoiding common greetings, such as handshakes, limiting contact with people at higher risk (e.g. older adults and those in poor health) and keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.

### Here's how you can practice social distancing:

Greet with a wave instead of a handshake, kiss or hug, Stay home as much as possible, including for meals and entertainment. Shop or take public transportation during off-peak hours, conduct virtual meetings, host virtual playdates for your kids, use technology to keep in touch with friends and family.

If possible use food delivery services or online shopping, exercise at home or outside, work from home.

### Remember to:

Wash your hands often for at least 20 seconds and avoid touching your face. Cough or sneeze into the bend of your arm, and avoid touching surfaces people touch often.

### If you're concerned you may have COVID-19:

Separate yourself from others as soon as you have symptoms. If you are outside the home when a symptom develops, go home immediately and avoid taking public transit. Stay home and follow the advice of your Public Health Authority, who may recommend self-isolation, call ahead to a health care provider if you are ill and seeking medical attention.

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"It's far better to be alone, than to be in bad company"  
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