



Dear residence students,

You need to be aware that we have reached a critical and very serious point in the pandemic. As the [Principal has stated](#), infections are at an all-time high and the virus is spreading quickly through our student population.

There is a variant [outbreak in the university district](#). KFLAPH says more and more young people are being hospitalized, the risk of ICU admission is 2 times higher, and the risk of death is 1.5 times higher.

We strongly encourage you to [watch this video](#) from Dr. Jane Philpott, Dean of the Faculty of Health Sciences. Dr. Philpott tells students that the current situation is much worse now, and our local hospitals are stretched beyond their capacity.

In recent days, we've seen some larger groups outdoors near residence buildings. This is very concerning. We know this has been a very challenging year, and with warmer weather and the end of the term approaching, some of you may be tempted to gather. **This is not the time.** We must be more vigilant than ever to dramatically slow the virus spread and save lives.

You will note more enforcement inside and in areas around residence buildings for the remainder of the term. In addition, the City of Kingston has issued an [emergency order](#) to close Breakwater Park effective today for a 10-day period. Anyone using Breakwater Park, even alone, will be subject to fines.

Please take this situation extremely seriously. Do what's required to keep yourself, your friends, and our community safe:

- Limit contact to only those in your household
- Do not gather in a group larger than 5 individuals from your household, indoors or outdoors
- You may host a maximum of 2 people from your own household in your room
- Do not attend parties or gatherings
- Maintain physical distancing and wash your hands
- Limit trips outside residence to necessities: getting food or medication, going to medical appointments, or for exercise
- Wear a face covering at all times when not in your room. You are strongly encouraged to wear a face covering all the time outdoors as well
- If you have any symptoms of illness, follow the [Residence Isolation Protocol](#)

You have been through so much this year and most of you have been highly diligent. We need you to push through a few more difficult weeks in this Provincial State of Emergency.

We understand that some of you may choose to move out and finish the term from home. If you are moving out, please review the move out check-list and other details on our [Moving Out webpage](#). Moving residences does qualify as an [essential reason](#) for travel under the current stay at home order. If we can assist in any way, please contact us.

All the best on your exams, and please reach out for support as you need it. We've listed some resources below.

Sincerely,  
Residence Life and Services

Mental Health Supports: [Good2Talk](#), [Empower Me](#), book an appointment with a counsellor at [Student Wellness Services](#)

Physical activity: [Virtual Fitness Programs](#), [On-demand workouts](#)

COVID-19 testing: [Student Wellness Services](#), [Kingston Assessment Centre](#) (at Beechgrove)  
Academic supports: [SASS](#), request academic consideration through your faculty/program website

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