

# A message from Dr. Kathryn Cameron

Chief Risk Officer and Chair, Emergency Operations Centre

## COVID-19 Update for Monday, December 21, 2020

Dear Sheridan Community,

Today the government of Ontario announced stricter pandemic measures across the province to try and slow the rising number of positive COVID-19 cases and ease pressure on our health care system.

We anticipated a tightening of restrictions and the planning we have done in the past weeks means that these changes do not affect Sheridan's schedules or in-person learning for the Winter 2021 semester. The total number of people allowed in each in-person instructional space remains 50 for specific health care programs or 10 for all other hybrid programs. The Winter 2021 semester will begin on January 18 and apprenticeship training programs will begin as early as January 11. However, government direction can change as this situation evolves, so please continue to monitor your Sheridan email to ensure you have the latest updates.

This remains a very challenging time and many of us are understandably feeling lonely, anxious and stressed.

There are many student resources available including qualified counsellors available to listen and help 24 hours a day, seven days a week.

- Domestic students can contact [EmpowerME](#) or call 1-833-628-5589
- International students can contact [KeepMeSafe](#) or call 1-844-451-9700

For employees in need of personal support, please remember that Sheridan's employee and family assistance plan is available 24/7 by calling 1-844-880-9142 or by visiting [workhealthlife.com](#).

Sincerely,

Kathryn Cameron, PhD  
Chief Risk Officer and Chair, Emergency Operations Centre

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# Sheridan

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