

STORM SAFETY

during the COVID-19 pandemic

We care about you and your family, and we want to encourage you to be safe when you are on and off campus. Our collective well-being is only a reflection of our individual well-being. Let's all commit to taking the necessary precautions to protect ourselves, our families, and our community. We are all in this together.

SLOW THE SPREAD.

Let's slow the spread of COVID-19 by spreading kindness instead. One way we can show care and compassion for one another is to stay home when we are sick, to get tested when we think we have been exposed to COVID-19, and to wear a mask.

DON'T WAIT, SELF-ISOLATE.

If you are exhibiting symptoms consistent with those associated with COVID-19, get tested and self-isolate. Communicate with your instructors. If you have been exposed to someone with COVID-19 and/or if you have tested positive, follow the student self-reporting process and do not come to campus as you await guidance. When in doubt, ask for guidance. We are here to help you.

LET'S STAND TOGETHER BY NOT STANDING TOGETHER.

While on and off campus, remember spacing guidelines and commit to remaining six feet apart, even if you are well.

COUGH & SNEEZE INTO YOUR SLEEVE.

Maybe it is a cold or maybe it isn't. Let's show care for others by covering our mouths with our elbow or tissue when coughing and sneezing. Be sure to wash your hands immediately afterward.

WASH YOUR HANDS & WEAR YOUR MASK.

Wash your hands frequently and avoid touching your eyes, nose and mouth as much as possible. Be sure to wear your mask or cloth covering.

KNOW THE SYMPTOMS

The list of symptoms is wide-ranging. You may experience coughing, shortness of breath, fever, chills, muscle pain, headache, sore throat, loss of taste/smell, chest pain/pressure, confusion, bluish lips/face among others. If you are experiencing any of these or do not feel like yourself, speak with a medical professional.

COPING DURING A CRISIS.

None of us have navigated a global pandemic before now. You may feel a range of emotions and may struggle to cope. Talking with a trusted friend, family member, co-worker, or peer may help. You may also consider speaking with a mental health professional. Practices such as eating a balanced diet, getting the appropriate amount of sleep, and engaging in exercise and mindfulness activities may help, too.