

# **PROTECT** NEW PALTZ

## A PLEDGE TO STOP THE SPREAD OF COVID-19

Being a part of the SUNY New Paltz community means that each of us must take extraordinary steps to stay well and protect each other—on campus and in the community. Accountable together, I pledge to take responsibility for my own health, the protection of others, and help keep the New Paltz community safe from the spread of COVID-19 and other infections as identified and instructed by the College.

### **PROTECT MYSELF**



- Monitor for the symptoms of COVID-19 and report to Student Health Service (students) at x3400 or your medical provider (employees) if I experience fever of 100°F (38°C) or higher, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell, congestion and runny nose, nausea or vomiting, and diarrhea (check the CDC website for current symptoms)
- Wash my hands often with soap and water or use hand sanitizer
- Get vaccinated for the flu in the fall

### **PROTECT OTHERS**



- Practice appropriate social distancing and maintain at least 6 feet of distance from others with whom you are not living
- Wear a mask or other face covering in most indoor spaces, including restrooms and all classrooms, residence halls, common spaces, labs, elevators, studios and offices when multiple people congregate and/or the ability to social distance is limited
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19
- Be positive, attentive and helpful to anyone around who may be in need of support

### **PROTECT OUR NEW PALTZ COMMUNITY**



- As advised by medical professionals, participate in testing and contact tracing to preserve the wellness of the community
- Wash my hands often with soap and water or use hand sanitizer
- Keep my clothing, belongings, personal spaces and shared common spaces clean
- Carefully observe instructional signs and follow directions