



Health check

Staying healthier on and off campus during COVID-19

This school year, you're facing tough challenges. You may be back on campus and trying to practice physical distancing while still participating in campus life, or you may be home taking virtual courses. Either way, staying as healthy and as safe as possible is important. And we're here to do everything we can to help you.

Let's start with a few steps you can take to protect yourself and others:

- Stay at home or in your room if you're sick, except when you have to get medical help.
- Stay away from people who are sick and practice physical distancing.
- Avoid touching your face and wear a face covering when you're in public.
- Wash your hands often — and for at least 20 seconds each time.
- Disinfect surfaces frequently.
- Follow all guidelines from local, state and federal Centers for Disease Control and Prevention authorities.