

# *Chowan Strong - Safer Together*

## Commitment

At Chowan, students, faculty and staff members live and work alongside each other. In addition, we are members of a larger community in Murfreesboro and the region. Being part of a community means considering the well-being of others as well as oneself. We ask that all members of our community share in personal responsibility to create and sustain a healthy living, learning, and working environment. We commit to **Protect our Nest!**

**I commit to:**

### *Care for Self*

- Daily monitoring of COVID-19 symptoms and to report to a medical professional if I experience a fever of 100 F / 38 C, chills, dry cough, shortness of breath, or difficulty breathing, fatigue, muscle or body aches, new loss of taste or smell, or sore throat.
- Wash my hands often with soap and water or sanitize with hand sanitizer.

### *Care for Others*

- Staying home when I feel ill or after exposure to someone who has tested positive for COVID-19.
- Regularly practice and maintain physical distance (6 feet or greater) in communal areas including classrooms, dining facilities, library, and other places where others may gather.
- Wearing a mask or cloth covering the nose and mouth when physical distance is difficult to maintain.
- Considering the needs of others above my own.
- Cooperating with the medical professionals if I am exposed to the virus.

### *Care for Place*

- Regular cleaning of personal and commonly shared spaces.
- Support and follow policies as directed by Chowan University.
- Respond and participate in testing and contact tracing if asked.

Student Signature: \_\_\_\_\_

Student ID Number: \_\_\_\_\_