



## Our Pledge to Stop the Spread of COVID-19

As Owls, we keep learning and we keep going. Always flying to the next level, together.

Today, as the effects of this pandemic impact our friends, our families, and our world, we must work to protect the health and safety of every member of our campus community.

We will protect ourselves.  
We will protect others.  
We will protect our Owl community.

## WESTFIELD STATE UNIVERSITY COVID-19 **PROTECT** *the Nest Pledge*

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Being a part of the Owl community means that each of us must take extraordinary steps to stay well and persistently protect each other. Therefore, I will take responsibility for my own health and help keep the Westfield State University community safe by stopping the spread of COVID-19 and other infections as identified and instructed by the University.

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### PROTECT MYSELF

Monitor for the symptoms of COVID-19 and report to a medical professional if I experience: a fever of 100.4° F (37.8°C) or above; chills or repeated shaking with chills; cough; trouble breathing, shortness of breath, or severe wheezing; fatigue; muscle or body aches; sore throat; loss of smell or taste; congestion or runny nose; nausea, vomiting, or diarrhea; or headache.

Wash my hands often with soap and water or use hand sanitizer.

Stay up-to-date with COVID-19 vaccinations as recommended by medical professionals.

### PROTECT OTHERS

Maintain appropriate social distancing, especially in classrooms, offices, and social settings, and in the presence of older community members.

Stay home if I feel ill or have been exposed to someone who is ill or has tested positive for COVID-19.

Wear an appropriate face mask and other protective gear as directed by the University.

If anyone seems either troubled or struggling, engage with them in a positive, sensitive, and caring way.

### PROTECT OUR COMMUNITY

Keep my clothing, belongings, personal spaces, and shared common spaces clean.

Participate in appropriate testing and contact tracing strategies, and isolate or quarantine as needed to preserve the wellness of the Owl Community.

Carefully observe instructional signs and follow directions.

Remind others who act in unhealthy or unsafe ways that we ALL have a responsibility to protect our community.