

COWBOYS PROMISE TO PROTECT

As Cowboys, we commit to putting others first before ourselves. Now more than ever, each member of our campus community must take daily steps to care for our health. Please keep in mind your responsibility to help protect the health of others. We ask that you do your part to stop the spread of COVID-19, ask questions as needed for clarity and voluntarily join us in making this Cowboys Promise to Protect.

1 PROTECT MYSELF

- If I have COVID-19 symptoms (fever of 100.4 F or higher, dry cough, difficulty breathing, chills, shaking with chills, muscle pain, headache, sore throat or loss of taste or smell), I will seek medical help.
- Wash my hands often with soap and water or use hand sanitizer.
- Stay up-to-date by actively reviewing information sent by the university and other reliable sources such as the CDC.
- Use university resources such as University Counseling Services as needed to protect my physical and mental well-being.

2 PROTECT OTHERS

- Maintain appropriate social distancing, especially in classroom settings.
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.
- Avoid crowded activities or social gatherings where social distancing is not possible.
- Wear an appropriate face mask and other protective gear as guided by the university.
- Be positive and helpful to anyone around who may need support.

3 PROTECT OUR OSU COMMUNITY

- Keep my clothing, belongings, personal spaces and shared common spaces clean.
- Participate in COVID-19 testing and contact tracing to foster wellness in our community.
- Observe instructional signs and follow directions.
- Be kind to others as we foster a community of mutual respect.

----- SIGNATURES -----