Brown Takes Care | TOP WAYS TO TAKE CARE

These are some of the most important actions you can take to keep yourself and the Brown community healthy and safe:

Don't wait, vaccinate. Studies show that COVID-19 vaccines are very effective at keeping you from getting the disease and may help you avoid severe illness if you do get sick. Stay informed, and get vaccinated when eligible.

Wear your mask. Wear a multi-layered face covering over your nose, mouth and chin when you're around people who are not in your pod.

Make some space. Keep a distance of at least 6 feet from others, indoors as well as outside, to minimize the spread of COVID-19. Give others space while moving through hallways and around campus. Follow seating guides to ensure adequate distance.

Wash your hands. Wash your hands thoroughly and often to help prevent the spread of COVID-19. Lather hands with soap, scrub from wrist to fingertip for at least 20 seconds, rinse and dry with a clean towel or use hand sanitizer when soap and water are not available.

Wipe it down. Wipe down high-touch surfaces with sanitizing cloths in shared spaces around campus. Use wipes to clean desks, tables, computer keyboards and mice, doorknobs, light switches and more, before and after use.

Stay in if you're unwell. Protect yourself and others by staying home if you're experiencing any symptoms of illness. Students experiencing symptoms should contact Health Services at 401-863-1330 for evaluation.

Get your test. Log your symptoms daily using the Healthy at Brown web application. Get tested for COVID-19 when prompted. Students experiencing symptoms should contact Health Services at 401-863-1330 for evaluation and testing.

Track your contacts. Keep a contact tracing journal, digitally or on paper, of who you interact with and where you go. This information will help the University quickly identify other potential cases if you test positive for COVID-19 and curb the spread of the virus.

Live local. Help Providence #CrushCOVIDRI and protect the Brown community by staying local during the semester and avoiding out-of-state travel.

Respect Quiet Period. Undergraduate students living on campus should stay in as much as possible during Quiet Period, which occurs at the beginning of the semester. Get your COVID-19 test, track your symptoms and interact with friends virtually. If you live off campus, limit in-person contact to those you live with.

Protect your pod. Develop your "pod," a small network of friends who agree to follow shared practices, and keep your in-person contacts minimal. Be honest with those in your pod about where you go and who you see, and make interactions outside your pod virtual whenever possible.

Use your voice. Encourage others around you to wear their masks, wash their hands, make space, form a pod, avoid in-person gatherings and follow other public health guidelines. Holding one another accountable helps us all stay healthy.

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