QUIET PERIOD
TIPS & ACTIVITIES

healthy.brown.edu | #WhyIVaccinate
Now more than ever, in the midst of a global pandemic, our individual behaviors affect those around us. Brown is a community of conscience and caring. Based on these shared values, Brown Takes Care is a community-wide effort to encourage all of us to take personal responsibility for our own health and the health of those in our community — classmates, professors, essential workers, the families in Providence — because we care deeply about the well-being of one another.

Look for Brown Takes Care public health messages around campus and on social media. Learn how you can do your part in demonstrating our culture of care. Use your voice to encourage the healthy behaviors of others. Use #WhyIVaccinate on social media to share your reasons for getting vaccinated when you’re eligible.

The information and activities in this booklet were prepared especially for you, to help you adjust to campus life in a pandemic and remind you that we’re all in this together.

#BrownTakesCare | #WhyIVaccinate
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.
OPEN CURRICULUM
VACCINATION
SUMMER
COLLEGE HILL
QUIET PERIOD
QUARANTINE
RATTY
CAREERLAB
TAKE CARE
EVER TRUE

CONCENTRATION
SOCIAL DISTANCE
DISTINCTION
UNDERGROUND
PROVIDENCE
VAN WICKLE
BEAR BUCKS
TAKEOUT
CONTACTS
CARBERRY

IVY ROOM
BANNER
BWELL
MASK
POD
UHALL
SWEARER
BRUNO
TEST
### Down
1. Holding one another ___________ helps us all stay healthy.
2. Students on- and off-campus must do this during Quiet Period.
3. Avoid this type of travel after arriving at Brown.
4. A small group of students who associate with each other based on agreed upon shared practices.
5. Masks should fit snugly and have two to three of these to be effective.
6. A 14-day period of observation and self-monitoring occurring before in-person classes begin.
7. Wear this over your nose, mouth and chin whenever in a building, around people who are not in your pod, or unable to maintain social distance.
8. Cleanse your hands with this when soap and water are not immediately available.
9. You can do this on paper or using an app like the Rhode Island Department of Health’s CRUSH COVID RI.
10. Test for this COVID-19 symptom by taking your temperature each morning.
11. Studies show that COVID-19 _________ are safe and effective. Get one when eligible.
12. CAPS is providing this to allow students virtual access to counseling care.
13. The number of seconds you should wash your hands with soap and water.
14. All students will undergo this when they arrive on campus and at least once each subsequent week.
15. Everyone must follow all public health protocols, even after receiving one of these.
16. Do this if you experience any COVID-19 symptoms, however mild.
17. A travel registry run by Brown that provides travel restriction updates.
18. COVID-19 often causes this respiratory symptom.
19. Maintain at least six _____ of distance between yourself and others.
20. Wipe down _______ surfaces with sanitizing cloths in shared spaces around campus.

### Across
6. A period of observation and self-monitoring occurring before in-person classes begin.
7. Wear this over your nose, mouth and chin whenever in a building, around people who are not in your pod, or unable to maintain social distance.
8. Cleanse your hands with this when soap and water are not immediately available.
10. Test for this COVID-19 symptom by taking your temperature each morning.
11. Studies show that COVID-19 _________ are safe and effective. Get one when eligible.
12. CAPS is providing this to allow students virtual access to counseling care.
14. All students will undergo this when they arrive on campus and at least once each subsequent week.
16. Do this if you experience any COVID-19 symptoms, however mild.
18. COVID-19 often causes this respiratory symptom.
21. Your pod serves as your trusted _______ while you are at Brown.
Contact browntakescare@brown.edu with questions, feedback and ideas for promoting a healthy Brown. Visit care.brown.edu to access resources to share and adapt for your friend groups and communities.

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Symptoms

- FEVER
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- HEADACHE
- FATIGUE
- MUSCLE OR BODY ACHES
- NEW LOSS OF TASTE OR SMELL
- CONGESTION OR RUNNY NOSE
- NAUSEA OR VOMITING
- DIARRHEA

These are some (but not all) possible symptoms of COVID-19, as listed by the CDC.