QUIET PERIOD
TIPS & ACTIVITIES

healthy.brown.edu | #WhyICare️
Now more than ever, in the midst of a global pandemic, our individual behaviors impact those around us. Brown is known as a community of conscience and caring. Based in 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. And use your voice to encourage others to promote healthy behaviors that demonstrate our culture of caring at Brown. We encourage you to share your personal reasons for embracing public health guidelines in the age of COVID-19. Use #WhyICare on social media to tell us who you wear a mask for, how you find ways to socialize within pods and why it matters to you.

The information and activities in this booklet were prepared especially for you, to help you adjust to the changes you’ll see on campus, prepare for a healthy semester, and remind you that we’re all in this together.
These are some of the most important actions you can take to keep yourself and the Brown community healthy and safe:

**Wear your mask.** Wearing a face covering when you’re around others [who are not in your pod] is one of the best ways to protect yourself and the Brown community from the spread of COVID-19.

**Make some space.** Keeping a distance of at least 6 feet from others, indoors as well as outside, helps 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.** Washing your hands often is one of the most effective means of preventing 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.** Wiping down high-touch surfaces with sanitizing cloths in shared spaces around campus helps to limit the spread of illness. 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 Rhode Island #CrushCOVID 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 (your first two weeks on campus). 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
WASH YOUR HANDS
FAUNCE HOUSE
COLLEGE HILL
QUIET PERIOD
QUARANTINE
SAYLES HALL
CAREERLAB
TAKE CARE
EVER TRUE

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

IVY ROOM
BANNER
BWELL
MASK
POD
UHALL
SWEARER
BRUNO
TEST
Across
4. Do this if you experience any COVID-19 symptoms, however mild.
7. Wipe down ______ surfaces with sanitizing cloths in shared spaces around campus.
11. Wash your hands immediately after leaving these.
14. The number of seconds you should wash your hands with soap and water.
15. Everyone must follow all public health protocols, even after receiving one of these.
16. A small group of students who associate with each other based on agreed-upon shared practices.
17. Test for this COVID-19 symptom by taking your temperature each morning.
19. Cleanse your hands with this when soap and water are not immediately available.
20. CAPS is providing this to allow students virtual access to counseling care.

Down
1. Your pod should include about ____ people.
2. All students will undergo this when they arrive on campus and at least once each subsequent week.
3. Holding one another __________________ helps us all stay healthy.
4. COVID-19 often causes this respiratory symptom.
5. Avoid this type of travel after arriving at Brown.
6. A travel registry run by Brown that provides travel restriction updates.
8. You can do this on paper or using an app like the Rhode Island Department of Health’s CRUSH COVID RI.
9. Wear this over your nose and mouth whenever in a building, around people who are not in your pod, or unable to maintain social distancing.
10. Students on and off campus must do this during Quiet Period.
12. A 14-day period of observation and self-monitoring occurring before in-person classes begin.
13. Your pod serves as your trusted ________ while you are at Brown.
18. Maintain at least six _____ of distance between yourself and others.
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. Brown Takes Care brings us all together as a community that cares.

healthy.brown.edu | #WhyICare🐻

Symptoms

FEVER  COUGH  SHORTNESS OF BREATH  SORE THROAT  HEADACHE

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