QUIET PERIOD
TIPS & ACTIVITIES

healthy.brown.edu | #WhyICare
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 #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 campus life in a pandemic and remind you that we're all in this together.

#BrownTakesCare  #WhyICare

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<th>TOP WAYS TO TAKE CARE</th>
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<tr>
<td><strong>Wear your mask.</strong> 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.</td>
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<td><strong>Make some space.</strong> 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.</td>
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<td><strong>Wash your hands.</strong> 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.</td>
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<td><strong>Wipe it down.</strong> 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.</td>
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<td><strong>Stay in if you're unwell.</strong> 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.</td>
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<td><strong>Get your test.</strong> 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.</td>
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<td><strong>Track your contacts.</strong> 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.</td>
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<td><strong>Live local.</strong> Help Providence #CrushCOVIDRI and protect the Brown community by staying local during the semester and avoiding out-of-state travel.</td>
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<td><strong>Respect Quiet Period.</strong> 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.</td>
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<td><strong>Protect your pod.</strong> 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.</td>
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<td><strong>Use your voice.</strong> 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.</td>
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Brown students have proposed 30 fun ideas to connect, practice self-care and get to know the Brown campus and community during the winter months.

If you’re new to Brown, you can meet and connect with other students by participating in Orientation, engaging with the Bruno Beginnings online community (orientation.brown.wisr.io) and visiting your class Facebook page (search by class year).

To protect the health and safety of our entire community, including our friends in Providence, be sure to check Brown’s Campus Activity Status before making plans. Adjust your plans based on the Campus Activity Status Level, from Level 1 (very limited activity) to Level 3 (more open). Learn more about the levels at healthy.brown.edu/campus-activity-levels.

THINGS YOU CAN DO DURING QUIET PERIOD:
(these first two weeks after you return to campus)
1. Zoom and play Codenames with friends who are remote. You will need at least 4 people, but can have up to 8.
2. Play “Among Us” online with friends outside of your pod.
3. Make friendship bracelets for friends.
4. Use Netflix Watch Party to synchronously watch and chat with friends about a film.

5. Become penpals with a friend who is remote.
6. Send postcards to friends and family.
7. Play “Heads Up!” online with a group of friends.
8. Choose a book that you and a friend can buddy-read and discuss progress over Zoom.
9. Have a PowerPoint night with friends over Zoom (the wilder the topic the better).
10. Rearrange/redecorate an area of your living space to make it extra comfy.
11. Attend an online community mindfulness session at the Mindfulness Center at Brown.

12. Go for a bike ride on the East Bay Bike Path.
13. Coordinate COVID-19 testing appointments with friends who are not in your pod.
14. Create a seasonal charcuterie board with your housemates.
15. Once it snows, have a friendly snowball fight with your pod.
16. Grab an outdoor blanket and thermos and have a cold-weather picnic on the green.
17. Meet up with a few friends and go socially-distant sledding at Moses Brown School. (Pro tip: You can use cardboard boxes as sleds.)
18. Play spike ball with your pod.

19. Play a tennis match at the Brown Tennis Courts.
20. Reserve a spot at one of the libraries next to your friend.
21. Reserve a spot at the Nelson Fitness Center near your friend.
22. Go for a hike in Lincoln Woods State Park or a walk through Swan Point Cemetery.
23. Play board games with your pod (Monopoly, Rummikub).
24. Go indoor camping with your housemates — move furniture, set up a tent or build a fort in a common area, and camp out.
25. Hold a socially distanced winter photoshoot with friends.

THINGS YOU CAN DO AFTER QUIET PERIOD:
(depending on Campus Activity Status)
12. Go for a bike ride on the East Bay Bike Path.
13. Coordinate COVID-19 testing appointments with friends who are not in your pod.
14. Create a seasonal charcuterie board with your housemates.
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25. Hold a socially distanced winter photoshoot with friends.
1. Wear a mask over your nose and ______ whenever in a building, socializing with or around people who are not in your pod, or unable to maintain social distancing.

2. Students experiencing symptoms of COVID-19 should call University _________ _______ at 401-863-6200.

4. The name of the online community first-year students will use to make virtual connections.

5. Abbreviation for state agency that is in charge of monitoring COVID-19 and communicating new rules and guidance.

7. Regular COVID-19 testing is critical in part because some people may be ______.

8. A small group of students who associate with each other based on agreed-upon shared practices.

11. The @brown.edu email address students should use to request a change to their testing status.

17. Check the Campus Activity ______ to determine what type of activities are acceptable on campus.

19. Stick-like tool used to collect nasal sample for COVID-19 testing.
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.

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.