



## Take the Wellness Pledge

As a member of the Massasoit Community College committed to the health and well-being of myself and my community, I pledge to

### 1. Protect Myself and Others

- Wear a mask at all times while on campus
- Complete a daily self-assessment observing for signs/symptoms of COVID-19
- Adhere to the college's public health practices, policies, and procedures for COVID-19

### 2. Follow Social Distancing

- Stay at least 6 feet away from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings
- Avoid close contact with family or friends who are sick

### 3. Practice Good Hand Hygiene

- Wash hands with soap and water for at least 20 seconds, especially after coughing, sneezing or being in a public place
- Supplement with a hand sanitizer containing at least 60% alcohol
- Avoid touching my eyes, nose and mouth with unwashed hands

### 4. Practice Proper Respiratory Etiquette

- Cover mouth and nose with a tissue when sneezing or coughing or use the inside of my elbow
- Throw used tissues in the trash
- Immediately wash my hands or use hand sanitizer
- Wear the appropriate mask or face covering

### 5. Stay Home if Sick

- Watch for symptoms of COVID-19 which may appear 2-14 days after exposure
- Call the doctor if you have a cough, shortness of breath, fever, chills, muscle weakness, etc.
- Avoid using public transportation when possible
- Keep vaccinations up-to-date

### 6. Clean and Disinfect

- Personal space and equipment
- High-touch surfaces at least once per day