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