

# WESTFIELD STATE UNIVERSITY COVID-19 **PROTECT** *the Nest Pledge*

**Being a part of the Owl community means that each of us must take extraordinary steps to stay well and persistently protect each other. Therefore, I will take responsibility for my own health and help keep the Westfield State University community safe by stopping the spread of COVID-19 and other infections as identified and instructed by the University.**

## **Our Pledge to Stop the Spread of COVID-19**

**As Owls, we keep learning and we keep going. Always flying to the next level, together.**

**Today, as the effects of this pandemic impact our friends, our families, and the world, we must work together to protect the health and safety of every member of our community.**

### **PROTECT MYSELF**

WFSU is committed to providing a safe and healthy learning and working environment for all members of the community. We are currently following the guidance of the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Health (MDH) to help prevent the spread of COVID-19. We encourage all members of the community to take the following steps to help protect themselves and others:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face, especially your eyes, nose, and mouth.

### **PROTECT OTHERS**

WFSU is committed to providing a safe and healthy learning and working environment for all members of the community. We are currently following the guidance of the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Health (MDH) to help prevent the spread of COVID-19. We encourage all members of the community to take the following steps to help protect others:

- Stay home if you are sick or have symptoms of COVID-19.
- Avoid close contact with people who are sick.
- Avoid large gatherings and crowded places.
- Avoid public transportation, especially if you are sick.

For more information, please visit the WFSU COVID-19 website at <https://www.wfsu.edu/covid19>.