

CHHS Commitment Pledge

As members of the CHHS community, each of us must take extraordinary steps to stay well and protect each other — on campus and in the community. Accountable together, I commit to taking responsibility for my own health, protecting others and helping keep the CHHS community safe from spread of COVID-19.

I commit to:

1.

PROTECTING MYSELF

- Monitor for the symptoms of COVID-19 and report to the Student Health Center and/or my local healthcare provider I experience:
 - » Fever or chills
 - » Cough
 - » Shortness of breath or difficulty breathing
 - » Fatigue
 - » Muscle or body aches
 - » Headache
 - » New loss of taste or smell
 - » Sore throat
 - » Congestion or runny nose
 - » Nausea or vomiting
 - » Diarrhea
- Wash my hands often with soap and water or use hand sanitizer if soap and water are not available.
- Wear a face covering that covers my mouth and nose when around others.
- Maintain good social distance.
- Regularly clean and disinfect frequently touched surfaces.

2.

PROTECTING OTHERS

- Stay home if I feel sick or after exposure to someone who is sick or has tested positive for COVID-19.
- Wear a face covering or mask that covers my mouth and nose when around others.
- Maintain good social distance.
- Regularly clean and disinfect frequently touched surfaces.
- Cover coughs and sneezes when not wearing a face covering.
- Be a role model for others and help those who may need support.

3.

PROTECTING OUR COMMUNITY

- Keep my belongings and spaces clean.
- Carefully observe instructional signs and follow directions.
- Support our community however I can, whether it's volunteering, donating blood, buying/supporting locally or donating to a non-profit.

Find UNCW COVID-19 updates at uncw.edu/coronavirus