



Stay Healthy. *StayGold.*

Protect the Adelphi Community

We affirm, embrace and commit to the values that have sustained Adelphi University for nearly 125 years. We are inspired and motivated to continue Adelphi's mission of academic and creative excellence and deep community engagement. United with our Adelphi community, we will help protect our community and the public during this pandemic. I pledge to take responsibility for my own health and the protection of others, and to help keep our community safe from the spread of COVID-19.



Stay Healthy. *StayGold.*
Visit: adelphi.edu/coronavirus

ADELPHI
UNIVERSITY

I Pledge to:

PROTECT MYSELF

- Follow personal safety practices and physical distancing guidelines:
 - Wash my hands often with soap and water.
 - Wear a mask or face covering in public, indoors or in close quarters.
 - Avoid large gatherings.
- Monitor myself for signs and symptoms of COVID-19 and immediately inform Health Services of any of the symptoms below:
 - Fever of 100.4 F (38 C) or higher
 - Cough and difficulty in breathing
 - Headache, muscle pain, sore throat
 - Loss of taste or smell
- Get vaccinated when available.

PROTECT OTHERS

- Follow physical distancing guidelines, especially in classroom settings, common areas and in places where crowding is possible.
- Wear an appropriate face covering in public, indoors or in close quarters.
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.

PROTECT OUR ADELPHI COMMUNITY

- Keep my personal space, clothing, belongings and shared common spaces clean and sanitized.
- Comply with physical distancing markers where displayed.
- Participate in Adelphi initiatives to preserve the wellness of our community.
- Report honestly to Health Services if I believe I have been exposed to a COVID-19-positive person and take necessary required measures to prevent further spread, such as voluntary quarantine and follow-up with a physician.

Signature of Student/Student Organization



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