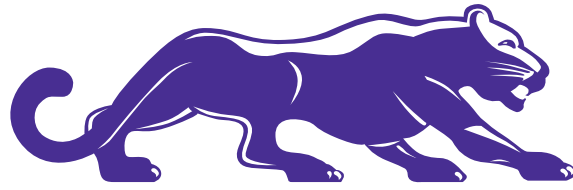


J O I N T H E U S F P L E D G E



P R O T E C T

THE **GO**

The University of Sioux Falls
students, faculty and staff
***play a critical role in
reducing the spread
of COVID-19.***

The Cougar Pledge represents your commitment to personal health and the health of other community members, not only on the USF campus but also to the extended community with which we interact.

I PLEDGE TO:

CARE FOR **MYSELF**

- Monitor for the symptoms of COVID-19 and report to a medical professional if I experience a fever of 100F or higher, cough, shortness of breath, sore throat, chills, muscle pain, loss of taste or smell, vomiting or diarrhea
- Wash my hands often with soap and water for at least 20 seconds or use hand sanitizer
- Get vaccinated for the flu in the fall
- Keep distance at events and gatherings

CARE FOR **OTHERS**

- Stay at least 6 feet (about 2 arms' length) from other people
- Avoid crowded places and mass gatherings
- Disinfect community areas that I use in order to make the area ready for others
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19
- Wear a cloth face cover as directed by the university
- Look out for others and encourage their faithful commitment to care for oneself, others and our community

CARE FOR OUR **COMMUNITY**

- Keep my clothing, belongings, personal spaces and shared common spaces clean
- Participate in testing and contact tracing to preserve the wellness of the community
- Carefully observe instruction signs and follow directions

SIGN THE PLEDGE AT [USIOUXFALLS.EDU/COVID](https://usioxfalls.edu/covid)