

Protect Yourself & Others

Reduce your risk of contracting COVID-19

twu.edu/coronavirus

In places where social distancing is difficult, wear a cloth face mask

- The cloth face mask is meant to protect others in case you are infected
- The mask is NOT a substitution for social distancing
- Keep it clean, remove it properly, and don't touch the outside of the mask

Wash your hands

- Wash often, at least 20 seconds, with soap & water.
- If soap & water are unavailable, use hand sanitizer with at least 60% alcohol

Dont touch your face

- Avoid touching eyes, nose and mouth



Practice healthy habits to keep your immune system strong

- Eat nutritious foods, stay physically active, drink plenty of water & get adequate sleep
- Manage stress in healthy ways & seek professional help if needed

Avoid contact with those that are sick

- If someone in your household is sick, follow CDC guidance on how to care for ill loved ones
- Follow CDC guidelines on self-isolation; you may be asymptomatic

Practice social distancing

- Stay 6 feet/ 2 meters away from others
- Avoid social gatherings & time spent in crowded places
- Practice verbal greetings; avoid shaking hands and hugging

Stay home if you are sick

- Follow CDC guidelines on self-isolation
- Report all COVID-19 symptoms or exposures to TWU Enviromental Health & Safety

Cover your sneeze or cough

- Sneeze or cough into your bent elbow, or a tissue & discard immediately

Clean & disinfect frequently touched surfaces

- Examples: cell phone, doorknobs, handles, light switches, keyboards, tables, etc.



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