



PROTECT UAM

A PLEDGE TO STOP THE SPREAD OF COVID-19

A healthy workforce is essential to the continuity of our educational mission. We must protect our faculty and staff, while preparing them to safeguard our students and community through the adherence to – and modeling of – health and safety measures. The health and well-being of our students, while maintaining their access to the quality of education they have come to know and expect, is of utmost importance to us.

Take the Pledge and Let's Be Prepared to Have a Great Year!

If you are experiencing any symptoms of COVID-19 or have been exposed to someone who has tested positive for COVID-19, please call 870-460-1051.

PROTECT UAM PLEDGE

All members of the University community have a shared responsibility to maintain good health and decrease the potential impacts of COVID-19. Together, let's pledge to take responsibility for our own health, the protection of others, and help keep the UAM community safe from the spread of COVID-19 and other infections.

I PLEDGE TO:

PROTECT MYSELF by:

- Conducting a daily self-screen prior to coming to campus. I will stay home and/or seek medical care if I experience a **fever of 100.4° or higher**; **one of these symptoms**: *cough, shortness of breath, difficulty breathing*; or **two of these symptoms**: *chills, muscle pain, headache, sore throat or loss of taste or smell*.
- Washing my hands often with soap and water for at least 20 seconds or using hand sanitizer with at least 60% alcohol.

PROTECT OTHERS by:

- Practicing physical distancing by staying at least 6 feet from other people.
- Staying home when I am sick or have had recent close contact with a COVID-19 positive individual.
- Wearing a cloth face covering or other protective equipment as directed by the university.

PROTECT OUR UAM COMMUNITY by:

- Carefully observing instructional signs in buildings and following directions.
- Keeping my personal space and common shared areas clean.
- Participating in testing and contact tracing.

Name _____

Date _____



Find UAM updates on COVID 19 at www.uamont.edu/covid_19