



A K-STATE PLEDGE TO STOP THE SPREAD OF COVID-19

As Wildcats, we keep learning, keep growing, and keep moving forward. We take every step together.

Today, as COVID-19 affects our friends, our families, and our world, we must work to protect every K-Stater's well-being.

We will care for ourselves.

We will care for our fellow Wildcats.

We will care for the K-State Community.

**TOGETHER, WE CAN MAKE
EVERY WILDCAT A WELLCAT.**

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EVERY WILDCAT A WELLCAT PLEDGE

At K-State, we are committed to putting others first. Right now, this means taking small steps to stay well and protect others. Therefore, I will take responsibility for my own health and keep my Wildcat Family safe by helping to stop the spread of COVID-19 and other infections.

I voluntarily commit to:

CARE FOR MYSELF

- Monitor for COVID-19 symptoms and contact my primary care physician, Lafene Health Center, or another medical professional if I experience any one of the following symptoms: a fever of 100.4°F (38°C) or higher, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea*.
- Wash my hands often with soap and water or use hand sanitizer.
- Be honest and forthcoming with Lafene Health Center or other medical professionals if I have been exposed to COVID-19 or am experiencing any symptoms.
- Get vaccinated for the flu each fall.
- Know campus health and well-being resources and access them when needed.

CARE FOR FELLOW WILDCATS

- Maintain appropriate social distancing, especially in the classroom or in the presence of higher-risk community members.
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.
- Wear an appropriate face covering and other protective gear as directed by the university.
- Stay positive, sensitive, and helpful to anyone around me who may be troubled or struggling.

CARE FOR K-STATE AND SURROUNDING COMMUNITIES

- Keep my clothing, belongings, personal spaces, and shared common spaces clean.
- Participate in COVID-19 testing and contact tracing to preserve community wellness if requested.
- Follow all university policies and procedures regarding COVID-19 and other infections.
- Abide by all city, county, and state guidelines, including quarantine and isolation procedures, to protect our K-State host communities.



*Based on CDC Guidance:
www.cdc.gov/coronavirus/2019-nCoV/index.html

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