



## Wildkat Protection Pledge

Being a part of the Wildkat community means that each of us must take extraordinary steps to stay well and to take care of our personal health. But being part of our community also requires doing all we can do to persistently protect each other...both while in our classrooms, schools and facilities, as well as elsewhere in the community. Accountable together... "I pledge to take responsibility for my own health, the protection of others, and help to keep the Wildkat community safe from the spread of COVID-19 and other infections."

### I PLEDGE TO:

#### PROTECT MYSELF

- Monitoring myself for symptoms of COVID-19 and reporting to a medical professional if I experience a fever of 100.4 F (38 C) or higher, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or loss of taste or smell.
- Practicing good hygiene, including frequently washing my hands with soap and water or using hand sanitizer, AND avoiding touching my face.
- Following health official and medical recommendations on preventative measures such as getting vaccinations and flu shots.

#### PROTECT OTHERS

- Maintaining appropriate social distancing, especially in the classroom settings or in the presence of any older members of the community.
- Staying at home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.
- Wearing an appropriate face mask and other protective gear, especially when social distancing cannot be attained.
- Being positive, attentive, and helpful to anyone around me who may be in need of support.

#### PROTECT OUR COMMUNITY

- Keeping my clothing, belongings, personal spaces, and shared common spaces clean.
- Avoiding the unnecessary sharing of things.
- Participating in testing and contact tracing, as necessary.
- Carefully observing instructional signs and following directions.
- Avoiding contact, when possible, with people who are at higher risk for severe illness.