

# Be committed. Be well.

## COMMUNITY WELLNESS COMMITMENT

Guided by our Principles of Community and current public health guidelines, we recognize that we must commit to additional measures to mitigate the health risks and care for each other. Our daily commitment to the safety of our community will be an exercise in living out motto, *Ut Prosim* (That I May Serve).



### As members of the community, we pledge to care for the health and well-being of others by personally adopting our Community Wellness Commitment:

- **We will** affirm our commitment to the safety, health, and well-being of our campuses and local communities.
- **We will** affirm that we will support the mental well-being of all community members.
- **We will** wear face coverings/masks in public areas.
- **We will** practice physical distancing by maintaining at least 6 feet of distance from others.
- **We will** practice good hygiene, including frequent handwashing and covering coughs or sneezes.
- **We will** stay home and avoid public spaces when not feeling well.
- **We will** contact our health care provider or an urgent care facility if we believe we are sick or have been exposed to the coronavirus.
- **We will** support but avoid contact with those who are sick.
- **We will** follow public health guidelines and medical recommendations to be tested and self-isolate as necessary.
- **We will** make a list of all others with whom we have had close contact, if necessary, to aid in contact-tracing efforts.



### THE BLACKSBURG PARTNERSHIP



[vt.edu/ready/well](http://vt.edu/ready/well)  
[nrroadtowellness.com](http://nrroadtowellness.com)

FALL 2020