

## I AM 4 MARYLAND

### YOUR COMMITMENT TO THE UMD COMMUNITY

The COVID-19 crisis presents a tremendous challenge: **how to keep yourself and each other safe in our university community**. To be successful, we ask that you make a **COMMITMENT** to the **UMD COMMUNITY** – to yourself, to those around you, and to the greater community – and pledge that you will do your part. Remember, how you behave will determine our collective success in confronting the risks we all face.

**WE ARE ALL COUNTING ON YOU** to care for yourself, each other and our community, both on and off-campus. Don't let us down!

## PERSONAL RESPONSIBILITY

It is your responsibility to keep yourself and those around you as healthy as possible from this contagious illness. It is your responsibility to:

- ✓ **MONITOR YOURSELF DAILY** for symptoms of COVID-19. You will receive a daily email prompting you to answer questions about symptoms. Report immediately to the University Health Center or your physician if you experience any of these:

- Cough
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Sore throat
- Fever or chills
- Fatigue
- Headache
- Muscle or body aches
- Diarrhea
- Nausea or vomiting
- New loss of taste or smell

- ✓ **GET TESTED** for COVID-19 and participate in contact tracing as circumstances require.

- ✓ **GET A FLU VACCINATION (highly recommended)**. Beginning in October, vaccinations are available at the **University Health Center, retail pharmacies and health clinics**, or from a personal physician.

## RESPONSIBILITY TO OTHERS

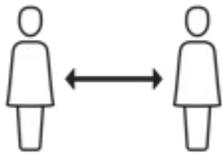
You may contract COVID-19 and not exhibit symptoms. It is your responsibility to care for other members of our campus and the College Park community, and especially towards those **at higher risk of severe illness** such as your older loved ones. These efforts are **4 MARYLAND!**



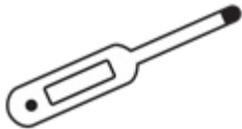
1. **WEAR A FACE COVERING OVER YOUR NOSE AND MOUTH** when indoors, and outdoors when in the presence of others.



2. **WASH YOUR HANDS OFTEN AND SANITIZE USED SURFACES FREQUENTLY** in your living space. Keep your clothing, belongings, personal space and shared common spaces clean to maintain a healthy campus environment for everyone.



3. **STAY AT LEAST 6 FEET FROM OTHERS** in classroom settings, group activities, and events, whether held indoors or outdoors, on- or off-campus.



4. **STAY HOME IF YOU ARE SICK** and seek treatment from a medical professional. Self-quarantine for a period of 14 days if you are exposed to someone who has tested positive for COVID-19.

Degrees of comfort in the COVID-19 environment will vary. As members of the UMD Community, it's important to demonstrate sensitivity to others who may be anxious, troubled or struggling. Resources for mental health, safety, financial and other forms of assistance can be found on the [4 MARYLAND](#) website.