



# BEARCAT PLEDGE

Being a member of the McKendree Bearcat community means that each of us must be willing to take steps to stay well and purposefully protect each other. For that reason, I commit to take responsibility for my own health and to help keep the McKendree community safe from the spread of COVID-19 and other infections as identified and instructed by the University.

## I Pledge To...

### PROTECT MYSELF

- Monitor for the symptoms of COVID-19 and report to a medical professional if I experience 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.
  - Wash my hands often with soap and water or use hand sanitizer.
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### PROTECT OTHERS

- Maintain appropriate social distancing on campus.
  - 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 mask and other protective gear as directed by the University.
  - Be positive, sensitive, and helpful to anyone around who may be troubled or struggling.
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### PROTECT OUR MCKENDREE COMMUNITY

- Keep my clothing, belongings, personal spaces and shared common spaces clean.
- Participate in testing and contact tracing as needed to preserve the wellness of the community.
- Carefully observe instructional signs and follow directions.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_