



# Sycamore Commitment

Being a part of the Sycamore community means respecting each other and committing to helping to create a healthy and safe learning and working environment. I understand I have a role in the fight against COVID-19 and commit to responsible actions and to being an accountable member of both the Indiana State University and Terre Haute communities.

Therefore, I commit to...

## **PROTECTING MYSELF BY...**

- Monitoring my health for COVID-19 symptoms, such as fever greater than 100.4 F, cough, shortness of breath, chills, muscle or body aches, headache, sore throat, loss of taste or smell, vomiting/diarrhea, congestion/runny nose, or fatigue.
- Appropriately washing my hands often with soap and water or using hand sanitizer.
- Avoiding crowded activities or social gatherings where social distancing is not possible.
- Cleaning my high-touch surfaces frequently (cellphone, sink, desks).
- Getting vaccinated for the flu in the fall.

## **PROTECTING OTHERS BY...**

- Reporting to the University (students to the Dean of Students; employees to Human Resources) if I am diagnosed with COVID-19 or have had personal contact with a person who has been diagnosed with COVID-19.
- Maintaining physical/social distancing of at least 6 feet where possible.
- Staying home if sick, or if I have symptoms of COVID-19, or if I have had prolonged direct contact with someone who has tested positive for COVID-19.
- Always adhering to face covering guidelines (wearing indoors, cover nose and mouth, etc.).
- Keeping community spaces (lounges, break rooms, kitchens, laundry rooms, etc.) clean.
- Avoiding discrimination against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.
- Providing support to others and our community by understanding that this is a stressful and overwhelming time.

## **PROTECTING OUR INDIANA STATE COMMUNITY BY...**

- Keeping my clothing, belongings, personal spaces and shared common spaces clean.
- Following all university health and safety guidelines and signage.
- Following CDC and university guidance on testing, contact tracing, self-isolation and quarantine when appropriate to preserve the wellness of our community.