

Keeping Yourself and Others Around You Safe

06/20



Perform hand hygiene frequently, including before and after touching your mask or face, when entering common workrooms and breakrooms, and while using shared workstations.



Wipe down high-touch surfaces in workrooms, breakrooms, and workstations at minimum at the start of your shift. High-touch surfaces include door handles, frequently used cabinets/drawers, microwave buttons/handles, refrigerator handles, shared coffee pots, etc.



Clean phones, keyboards, scanners, and computer mouse devices with a disinfectant wipe or spray at minimum once at the start of your shift.



Wear your mask at all times when not actively eating, drinking, or brushing your teeth. As soon as you are done with these activities, place your mask back on your face. Wear masks in all common settings, including in class.



Do not congregate in hallways, dorm rooms, workrooms, or breakrooms unmasked.



Stay home if you feel sick. Follow faculty contact procedures. Do not attend class or campus activities. Contact your primary care provider or call Health Services 608-796-3806 for guidance.

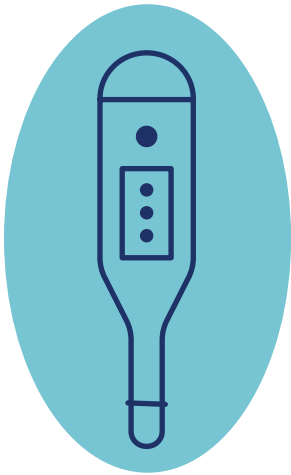


VITERBO
UNIVERSITY

Tips for Students Attending Class or Campus Activities

06/20

TAKE YOUR DAILY TEMPERATURE DAILY



At Home

- To get an accurate temperature:
 - wait 30 minutes after eating, drinking, or exercising.
 - wait at least 6 hours after taking medicines that can lower your temperature, like: acetaminophen (also called paracetamol), ibuprofen, or aspirin.
- Clean your thermometer with soap and water and dry it well after every use.
- If your temperature is 100°F/38°C or higher, you have a fever and should not attend classes or campus activities. Contact your primary care provider or Health Services 608-796-3806 for guidance.

On Campus

- If you do not have a thermometer at home or want to check your temperature during the day, visit a thermometer check point. Locations can be found on the Health Services website.

STAY WELL

- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Keep your distance from others (about six feet).
- Avoid using other peoples' phones, desks, offices, or other work tools and equipment, when possible. If necessary, clean and disinfect them before and after use.
- Clean and disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water prior to disinfection.

