

Be committed. Be well.

COMMUNITY WELLNESS COMMITMENT

Virginia Tech is a comprehensive and global land-grant university dedicated to knowledge, discovery, and creativity. Guided by our Principles of Community and current public health guidelines, we recognize that during the ongoing global pandemic, we must commit to additional measures to mitigate the health risks and care for each other, especially the most vulnerable. Our daily commitment to the health and safety of our community will be an exercise in living out the Virginia Tech 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 a 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.



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