

# Warrior Wellness Pledge

A longstanding tradition at Lewis-Clark State College is that Warriors take care of each other and we all do our best to look out for the Warrior family. Simple precautions go a long way in reducing the impact of coronavirus on our campuses and in our communities. With everyone engaging in small actions, we can continue to enjoy a robust campus culture and college experience where we are able to learn, explore and lead.

By signing the Wellness Pledge, you acknowledge you are familiar with the college's protocols set forth below, including the mandatory wearing of face coverings in LC State buildings, and also outside locations where 6-foot physical distancing cannot be maintained.

## The Pledge

### 1. Daily symptom monitoring

I will self-screen my own health and symptoms before reporting to work or class. The CDC provides an updated list of known symptoms at [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). At this time, known symptoms include, but are not limited to, the following:

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

If I experience any of these symptoms and they cannot be attributed to a non-infectious health condition, regardless of how mild, **I will stay home**. I will call my medical provider or my local [Idaho Public Health District](#) for assessment of symptoms and possible COVID-19 testing. Additionally, I will stay home if I test positive for COVID-19 or have been potentially exposed to someone with COVID-19 and follow quarantine and isolation guidance.

**Students:** I understand that quarantine and isolation options will be shared with me depending on where I live. If I live in my own residence off campus, I will need to quarantine or isolate in my own space and work with instructors to complete required coursework and classroom activities. If I live in campus residences, I understand that Residence Life staff will help me coordinate my quarantine or isolation requirements in consultation with a qualified health professional.

**Employees:** I understand that I will be asked to self-isolate if infected with COVID-19 or quarantine if I've been exposed to someone who is infected with COVID-19. I will work with Human Resource Services and my supervisor to determine benefits options and potential work-from-home options.

## 2. Face coverings

I will follow the college's face covering requirement, as described below:

A face covering is an item that covers the nose and mouth, including cloth masks, scarves, bandanas or buffs or medical-grade masks and face shields. **All faculty, staff, students and visitors across all LC State locations must use face coverings when in any LC State building**, unless one of the following exceptions is met:

- When working alone in an enclosed workspace;
- In an office where 6-foot physical distancing can be constantly maintained among occupants of that office, when visitors are not present;
- When eating the SUB/CSL cafeteria or Jitterz, so long as the facility's safety protocols are otherwise followed;

Face coverings are required on campus in outdoor settings where 6 feet of social distancing cannot be maintained.

More information regarding the college's policy on face coverings is available at the LC State [Coronavirus Website](#).

## 3. Social distancing

I will follow these social distancing recommendations:

- **In general:** Stay at least 6 feet from other people.
- **Communication:** Consider communicating using email, instant message, telephone or other technology rather than face-to-face interactions. The college has a range of available collaboration tools (Zoom, BigBlueButton in Canvas, etc.).
- **Meetings:** Whenever possible, meetings should be held using the extensive range of available collaboration tools (Zoom, Microsoft Teams, telephone, etc.). If a meeting must take place in person to accomplish the purpose of the meeting, it should be in a large room with attendees 6 feet away from each other and wearing masks. In-person meetings should last only as long as necessary to accomplish the task.
- **Classrooms and other learning environments:** Follow classroom instructions, both written and verbal, and carefully observe directional signs and flow of traffic in hallways and common areas.

## 4. Handwashing and disinfecting

I understand that handwashing and the cleaning and disinfecting of surfaces are important strategies to mitigate the spread of COVID-19. I will follow the related CDC guidance:

- Wash hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Clean AND disinfect frequently touched surfaces regularly. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Workspaces and classroom spaces will not be cleaned between every use. Wipe down your spaces before and after use.

## 5. Reporting concerns and questions

I will submit an email to [coronavirus@lcsc.edu](mailto:coronavirus@lcsc.edu) for all concerns, questions and requests about COVID-19 safety. This includes reporting known and suspected cases of COVID-19. The Vice President for Student Affairs will route the concern to a tactical team composed specifically to work on coronavirus-related issues. The team will work to ensure students, faculty and staff are able to get the resources and support they need.

I understand the following support resources are also available to me:

1. The Lewis-Clark State College [Coronavirus Information](#) webpage
2. [Student Health Services](#)
3. [Human Resource Services](#)
4. [Student Counseling Center](#)

I understand that failure to follow LC State's COVID-19 health and safety directives will be considered a violation of and subject to possible disciplinary action under LC State's Code of Student Conduct and/or institutional personnel policies.

Thank you for acknowledging these simple strategies to protect yourself and others and reduce the impact of COVID-19 on our campus, at our outreach sites, and in our communities.

