

Be committed. Be well.

COMMUNITY WELLNESS COMMITMENT

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 our 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.



THE **BLACKSBURG** PARTNERSHIP



New River Valley
PUBLIC HEALTH
TASK FORCE



vt.edu/ready/well
nrvroadtowellness.com

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