

# Individually, we commit to...

## CARE FOR MYSELF



**I will monitor myself for symptoms** of COVID-19 and seek appropriate medical attention.

**I will engage, as I am able, in routine hygiene practices** such as washing my hands regularly with soap and water, using hand sanitizer and other measures to promote routine cleanliness.

**I will receive available vaccines** to reduce susceptibility to illness, such as the flu vaccine, unless an exemption has been granted.

**I will seek clarification and support** when I need it, including physical and mental health resources, and will address any difficulties I have with upholding this commitment.

## CARE FOR OTHERS



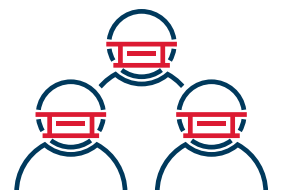
**I will maintain appropriate physical distance,** especially in group settings, and be mindful that other community members may have particular vulnerabilities.

**I will stay home and isolate** if I am ill or learn I have been potentially exposed to COVID-19.

**I will wear a mask** or face covering when in public areas and in the presence of others.

**I will #RaiseHigh and help others** who may be struggling, including kindly reminding others of this commitment when needed.

## CARE FOR OUR COMMUNITY



**I will take part in cleaning** shared or communal spaces as well as my personal belongings and spaces regularly.

**I will participate in testing** and contact tracing for community wellness.

**I will cooperate with directives,** including signage, from the university and public health officials.

**I will support the diverse and valuable identities** of the GW community by intervening in or reporting bias-related incidents at [diversity.gwu.edu](https://diversity.gwu.edu).

