GW COMMITMENT TO HEALTH & WELLBEING

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.

Visit go.gwu.edu/covid19 for the latest updates and information about how the university is responding to COVID-19.