PERSONAL RESPONSIBILITY
I will follow state, local and University public health guidelines by wearing face coverings; practicing good hygiene, including frequent hand-washing; engaging in physical distancing; and monitoring for symptoms. I will stay home if I am ill or symptomatic in order to keep myself and others healthy. I recognize there are other potential impacts of this pandemic to my personal well-being, financial security and mental health. To the best of my ability, I will support my overall wellness.

AWARENESS
I will educate myself about the spread of COVID-19 so I can guard against it for myself and others. COVID-19 is new and scientific knowledge evolves every day. I recognize some people are particularly vulnerable to the virus and I will act in ways that promote health and safety for all.

CHOICE
I will choose safe practices both on and off campus, including keeping shared spaces clean, participating in contact tracing if asked and avoiding gatherings where physical distancing is not possible. I realize my choices contribute to the overall health and safety of the larger community, not just my own, and I will act accordingly.

KINDNESS
I will treat myself and others with the respect every person deserves at all times but especially during this time of great uncertainty. The virus has caused suffering in ways that are both public and private. I will consider how my actions might affect others, without presuming to know all they are going through. And I will strive to support everyone in our community, regardless of our similarities or differences.

Find more information about COVID-19 and how to stay healthy at uw.edu/coronavirus