BE B-CAT SAFE

Protect Your Health and Your Community!

MASK UP
when indoors in the presence of others or during outdoor activities where physical or social distancing is not possible.

AVOID THE CROWD
as well as transmission hotspots and super-spreader events. Do not attend large parties or gatherings. All events must be configured to allow and encourage social distancing and mask wearing.

WASH YOUR PAWS
with soap and water for at least 20 seconds multiple times per day and/or use hand sanitizer when unable to wash your hands.

KEEP YOUR DISTANCE
Stay 6 feet apart. Do not visit locations that are crowded. Follow all CDC and distancing guidelines when visiting any establishment.

MONITOR YOUR HEALTH
Remain isolated in your residence if you FEEL SICK or have any viral symptoms, HAVE CARED FOR SOMEONE who has COVID-19 within the past 14 days or HAVE HAD CLOSE-QUARTER EXPOSURE — for a sustained period of more than 10 minutes — within 6 feet of someone who you have reason to believe has COVID-19.

STAY IN RANGE
by limiting travel to only essential purposes.

For additional health and safety guidelines during the COVID-19 pandemic, visit:

www.frostburg.edu/covid19  www.frostburg.edu/fall2020