



How to Protect Yourself and Others

Know How Viruses Spread

- **Between people in close contact for a prolonged period of time.**
- **Through respiratory droplets produced when an infected person coughs, sneezes, or talks**

BE THE BEAR[®]

- **Wash your hands (or use sanitizers) before, during, and after activities in public places**
- **Avoid touching your eyes, nose, and mouth with unwashed hands**
- **Avoid close contact with people who are known to be sick or had recent exposure to infected people**
- **Maintain distance between yourself and others outside your residence**
- **Observe signage in public places and cooperate with the directions**
- **Cover your mouth and nose with a mask when in public places, as you could spread COVID-19 to others, even if you don't feel sick, and avoid those who are not wearing masks**
- **Cover coughs and sneezes, then wash your hands or use a hand sanitizer**
- **Periodically clean and disinfect surfaces where you live**
- **If you feel sick, call the Student Health Center's 24-hour Hotline - (478) 301-SICK (7425)**

BE THE BEAR[®]

MASKS REQUIRED



BEARS
CARE 



BE THE BEAR®

Practice Social Distancing

- **COVID-19 spreads mainly among people who are in close physical contact for a prolonged period of time**
- **Limit unnecessary exposures in indoor spaces with people outside your residence**
- **Put your Bear hugs in hibernation for the time being and avoid physical contact to minimize potential exposure to respiratory droplets**
- **Limit social gatherings to small groups outdoors when possible, or use large rooms that allow for proper distancing**
- **Remember, keeping space between you and others is one of the best ways to avoid being exposed to coronavirus**

BEARS
CARE 