We pledge to care for ourselves.
We pledge to care for others.
We pledge to care for our Charger community.
• **Monitor for the symptoms** of COVID-19 (fever, dry cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or loss of taste or smell). **If I experience any symptoms I will report to a medical professional immediately.**

• **Wash my hands often** with soap and water and/or use hand sanitizer.

• Engage in **COVID-19 screening, testing**, and vaccination for my health and wellness.

• Practice **holistic wellness** to support my social, physical, nutritional, financial, mental, spiritual, and intellectual needs.
• Maintain appropriate **physical distancing** in both on and off-campus settings to protect our community and beyond.

• **Stay in my residence if I feel ill or after exposure** to someone who tested positive for COVID-19.

• Wear an appropriate **face covering** and other protective gear as directed by the University.

• Recognize when other members of the community may be struggling and **support** them to find appropriate resources.
• Identify, support, and educate others on the **Chargers Care Pledge** to ensure the health of our campus community.

• Update my **CoVerified app** daily.

• **Engage in testing and contact tracing** to preserve the wellness of the community.

• Carefully **observe instructional signs** and **follow directions** as provided by the University.