



WASH YOUR HANDS OFTEN

Wash your hands often with soap and water **for at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your cloth face covering
- After changing a diaper
- After caring for someone who is sick
- After touching animals or pets

If you feel sick, seek medical help, avoid contact with others, and self-isolate: **Student Health Center: (719) 389-6384**. All members of the Colorado College community must adhere to Colorado state and local public health orders, regardless of place of residence.

The good news? You are in control. Keep your distance, wear a mask, wash your hands, and help others do the same.



**Reduce the risk. Slow the spread.
Care for CC.**

Note: Reducing the risk of a COVID-19 outbreak on the CC campus will take all community members practicing social responsibility. Those in violation of college safety and conduct policies may face severe consequences, including suspension, expulsion, termination, and/or removal from campus.