Middlebury Health Pledge
FOR THE SAFETY AND WELL-BEING
OF THE COMMUNITY DURING COVID-19

I care about protecting my Middlebury coworkers and students from the novel coronavirus.

I commit to the following:

- Stay home and notify my supervisor if I am sick or if I have symptoms of COVID-19 such as
  - Coughing
  - Fever
  - Shortness of breath, difficulty breathing
  - Chills
  - Shaking
  - Loss of taste/smell
- Stay home for the recommended quarantine period if I have been exposed to someone with COVID-19 or COVID-19 symptoms
- Participate in any required prescreening before work, such as temperature checks or health surveys
- Comply with any testing protocols mandated by state, federal, or Middlebury authorities
- Wash my hands with soap and warm water (or hand sanitizer) frequently throughout the day, and before and after entering work areas
- Wear a cloth face covering around other people and in all common spaces
- Follow my department’s protocols to clean high-touch areas and shared items
- Maintain social distancing at work in accordance with my department’s protocols
- Complete required safety training, including department-specific training
- Get a flu vaccine as soon as one is available, unless my physician recommends against it
- Get a vaccine for the coronavirus as soon as it is available, unless my physician recommends against it
- In the event that it becomes necessary, comply with all evacuation and lockdown procedures mandated by state, federal, or Middlebury authorities
- Respectfully remind colleagues of safety expectations and be respectful, in return, if someone reminds me to comply

I understand that my behavior sets an example for others in my workplace and for students. I will show that I care about my safety and theirs as we face this challenge together.