SAFE BEAVERS PLEDGE

We know our students care about taking care of themselves and others. In a recent survey of returning UMF students, 85% of the 600 participants indicated they are willing to maintain safety measures while on campus, such as social distancing and wearing face coverings.

Now is the time to move beyond being willing, and fully commit to upholding the **Safe Beavers Pledge**. We need 100% of our students to hold themselves accountable.

I COMMIT TO:

1. PROTECT MYSELF

- Monitor my symptoms and report to a medical professional if I experience a fever of 100.4F (38 C) or higher, dry cough, difficulty breathing, chills, shaking, muscle pain, headache, sore throat, or loss of taste and smell.

- Practice diligent hand hygiene. I will wash my hands with soap and warm water for at least 20 seconds or use hand sanitizer, frequently throughout the day, and before and after entering a new space.

- Get vaccinated for the flu in the fall.

2. PROTECT MY PEERS

- Wear an appropriate face covering and other protective gear at all times, especially around other people and in common areas.

- Maintain social distancing (at least 6 feet) at all times

- Stay isolated if I am feeling ill or after a suspected or known exposure to someone with COVID-19

- Be mindful of my peers, and help those who may struggle with the necessary changes to campus life

3. PROTECT MY FARMINGTON COMMUNITY

- Comply with testing and contact tracing protocols mandated by the University of Maine System, state, and federal authorities.

- Carefully observe instructional signage and follow directions

- Complete required safety training

- Abide by campus cleaning protocols of high touch areas and shared items.

- Kindly remind peers and colleagues of the health and safety expectation and be receptive, in return, if someone reminds me to comply.

I pledge to do these things for my own health, the UMF community, and the health of the people who matter most to me: my friends, my folks, my family.

UNIVERSITY of MAINE
FARMINGTON