

# YOUR ACTIONS **MATTER**

**HELP SLOW THE SPREAD OF COVID-19**



**Keep your distance  
from others**

## **HOW CAN YOU PRACTICE PHYSICAL DISTANCING?**



Greet with a wave  
instead of  
handshakes and  
fist bumps



Stay home as  
much as possible,  
including for  
meals and  
entertainment



Shop or take public  
transportation  
during off-peak  
hours



Work from home;  
conduct virtual  
study meet-ups



Avoid crowded  
places and  
gatherings



Keep in touch with  
friends or family  
using technology



If possible, use  
food delivery  
services



Travel directly to  
your destination  
on campus



Exercise at home  
or outside



Limit contact with  
people at higher  
risk (e.g. older  
adults and those  
in poor health)