PHYSICAL DISTANCING
- Stay at least six feet away from others (about the length of two arms)
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

FACE MASKS/COVERINGS
- Face masks must be worn by faculty, staff and students in public areas
- Homemade masks that meet health standards are acceptable
- M State has a limited supply of masks for those who do not have them
- Discard disposable masks after one day

HAND WASHING
- Wash your hands often with soap and water for at least 20 seconds
- Be especially diligent about hand washing after you are in a public place, use the restroom, blow your nose, cough, sneeze or eat
- If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol
- When using hand sanitizer, cover your hands thoroughly and rub them together until they feel dry
- Avoid touching your eyes, noses and mouth with unwashed hands

PERSONAL DISINFECTION
- Offices, workspaces, classrooms and public spaces will be cleaned by Facilities staff according to CDC protocols
- Wipe down commonly used surfaces after each use
- Use a hand sanitizer after contacting commonly used surfaces

COUGHING/SNEEZING HYGIENE
- When in a private setting and not wearing a face mask, cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow
- Discard used tissues in the trash
- Immediately wash your hands with soap and water or clean your hands with hand sanitizer

EMOTIONAL WELL-BEING
- M State is committed to supporting your overall health and well-being
- STUDENTS: A free United Healthcare emotional support help line is available 24/7 at 866.342.6892
- EMPLOYEES: Contact Human Resources for resources that offer support, help manage stress and enhance resilience, or visit mn.gov/mmb/segip/health-and-wellbeing/eap