

# CORONAVIRUS

## CAMPUS SAFETY



### 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](tel: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](https://mn.gov/mmb/segip/health-and-wellbeing/eap)

[minnesota.edu/coronavirus/campus-return](https://minnesota.edu/coronavirus/campus-return)



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