At UW-River Falls, we work together to solve the smallest or toughest challenges we face, locally and globally. Being a Falcon means that each of us acknowledges our personal responsibility in collectively contributing to the common good.

In these times, this also means doing what is needed to ensure the health and safety of our community. The worldwide Coronavirus pandemic presents us with unique challenges, but one thing is certain: we must work together to prioritize the health and safety of all.

In this spirit, we ask each of you to #DOYOURPARTFALCONS by taking responsibility for your own health, behaving in ways that protect others and protecting our university and community against the spread of COVID-19 and other risks. Each of us has a role to play in keeping ourselves, our campus and our community safe. Therefore, we ask that every student and employee commit to taking the following steps:

**KEEP MYSELF HEALTHY**
- I will practice good self-care and make healthy choices.
- I will adopt health and safety precautions off campus and in my home which are consistent with UWRF practices.
- I will monitor for symptoms of COVID-19 and report to a medical professional if I experience a fever of 100.4°F (38ºC) or higher, new loss of taste or smell, difficulty breathing, dry cough, chills, sore throat, headache, or the other possible symptoms.
- I will complete the UWS COVID-19 training for employees or the UWRF COVID-19 Awareness Education for students.
- I will WEAR my face covering at all times inside and outside when physical distancing is not possible, and I will WASH my hands often or will use hand sanitizer when handwashing isn’t possible.
- I will monitor my mental health and reach out for assistance when needed.
  (SilverCloud is just one option for support.)

**HELP KEEP OTHERS HEALTHY**
- I will WATCH how far I am from others, maintaining appropriate physical distancing as often as possible.
- If I feel ill, I will stay home, and if I test positive, I will follow the quarantine and isolation directions I’m provided.
- I will help keep my environment safe by sanitizing shared surfaces.
- I will be attentive and supportive of others at this challenging time.
- If I test positive or think I have been exposed, I will call the UW-River Falls COVID-19 reporting hotline (715-425-4000) or email (contact.tracing@uwrf.edu).

**ACKNOWLEDGE MY ROLE IN THE COMMUNITY’S HEALTH AND WELLBEING**
- I will respect instructional signage/guidance and follow directions.
- I will participate in campus testing and contact tracing to preserve the wellness of our community.
- I will refrain from large social gatherings that could put myself and others in danger.
- I will report anyone violating COVID-19 guidance by filing a report.

**FALCONS FORWARD**
UW-River Falls is doing everything possible to protect everyone while still ensuring the exceptional experience the university provides. If you need more information, visit Falcons Forward.

**WE ARE FALCONS**
The COVID-19 pandemic has unfortunately created new challenges for people of color related to racial bias and stereotyping about mask wearing. At UWRF, we value inclusiveness and we do not want people of color on our campus to be subject to discrimination, or treated with suspicion for wearing a face covering. Per UW-River Falls policy, in order to help keep you, others and our community safe, wearing a face covering is required indoors and is encouraged outdoors when physical distancing is not possible. Hate has no place at UW-River Falls. If you experience or witness an act of hate or bias, please report concerns through UWRF Report It.