

For a Safe and Healthy Tiger Nation

TOGETHER, THE TIGER NATION CAN HELP STOP THE SPREAD OF INFECTIOUS DISEASES

Each of us should:



- Wash your hands frequently
OR use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth
- Use appropriate cough and sneeze etiquette
- Maintain social distancing of at least 6 feet
- Remember high-touch surfaces can collect infectious germs
- Replace handshakes and hugs with waves, jazz hands or clothing-covered elbow bumps



Are You High Risk because of an existing physical condition? Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Remember to cover-up

- The cloth face cover is meant to protect other people in case you are infected
- Face covers protect others who may be at risk when you may not even know it
- Everyone should wear a cloth face cover when they have to go out in public
- Cloth face covers help you avoid touching your face
- The cloth face cover is not a substitute for personal hygiene and social distancing



**FORT HAYS STATE
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COVID-19 presents an ongoing risk for every member of our campus community. To ensure you are doing your part to keep the Tiger Nation safe and healthy, go to [FHSU.edu/covid-19-response](https://www.fhsu.edu/covid-19-response).