



CODE OF PUBLIC HEALTH & BEAR PAW PACT

Guidelines for Public Health Safety for the
Bridgewater State University Community,
and an accompanying public health pledge



BRIDGEWATER STATE UNIVERSITY

Notice of Risk Related to COVID-19

COVID-19, a highly infectious, life-threatening disease, has been declared to be a global pandemic. There currently is no known treatment, cure, or vaccine for COVID-19. The disease may be contracted through contact with infected persons who may be symptomatic, asymptomatic or from contact with the virus left on surfaces.

In accordance with the recommendations and guidance of the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (MDPH), the university has taken steps to limit the spread of COVID-19, but the health and safety of the community depends upon all its members accepting the shared risk associated with the disease.

There are inherent risks associated with participating in university required, sanctioned or voluntary activities on or off campus. It is not possible for the university to limit all potential sources of COVID-19 infection. Individuals must rely on their own judgment in assessing the safety of, or risks associated with, participating in university activities.

Further, campus community members must understand that campus safety in respect to COVID-19 is a shared risk and that everyone must do their part to contribute to the health and safety of the community.

To that end, the university has implemented certain policies and procedures intended to mitigate the potential spread of COVID-19. The university may update or revise these protocols at any time in response to new information, recommendations or guidance from the U.S. Centers for Disease Control and Prevention (CDC) or Massachusetts Department of Public Health (MDPH).

Members of the university community are expected to comply with all mandates of the CDC, MDPH, and associated policies mandated by the university such as wearing face coverings, adopting good hygienic practices and cleaning protocols, physical distancing, monitoring of symptoms, and self-reporting of symptoms or a positive COVID-19 diagnosis.

Please consult the Bridgewater State University COVID-19 website for additional information.

Working together, we can help prevent the spread of COVID-19 while ensuring a rich academic experience for every member of the university community.

BEAR PAW PACT

BRIDGEWATER STATE UNIVERSITY'S PUBLIC HEALTH PLEDGE

AS A **BSU BEAR**,
I MAKE THIS PACT

TO PROTECT
MYSELF

TO PROTECT
OTHERS

AND PROTECT
**OUR CAMPUS
COMMUNITY**

TO DO THIS, **I WILL:**

STAY HOME
IF I AM SICK

MAINTAIN **PHYSICAL
DISTANCE**

WEAR A FACE COVERING IN
PUBLIC AND COMMON AREAS

PRACTICE GOOD HYGIENE
AND **WASH MY HANDS**

YOU CAN TAKE THE PLEDGE BY LIKING AND
SHARING THE LAUNCH VIDEO IN SOCIAL MEDIA.

[Instagram](#)

[Twitter](#)

[Facebook](#)

[YouTube](#)

All members of the BSU community will need to do their part to ensure a safe return to campus. The information included in this document represents the current best practices with respect to COVID-19 safety and prevention as provided by the Massachusetts Department of Public Health and the Centers for Disease Control and Prevention. Please review each step carefully as you will be asked to attest to your understanding and anticipated compliance with these guidelines.





STEP 1:

Stay at Home When You Are Sick

The first and most important step in stopping the spread of COVID-19 is to avoid community transmission by staying at home when you are sick. Use an online symptom checker (linked below) or call your primary care physician if you are not feeling well.

WAYS TO CHECK YOUR SYMPTOMS:

1. [Buoy Health](#)
2. **CDC:** [What to Do If You Are Sick](#)
3. Contact the BSU Wellness Center or your Primary Care Physician.

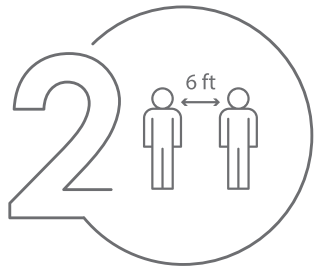
If your symptoms indicate that you might be suffering from COVID-19, please follow the directions included in the symptom checker and contact the BSU Wellness Center or your physician to learn about when, where, and how to be tested.

Please review the following links for information on how to care for yourself and those around you while in isolation or quarantine.

CDC Guidance [What to Do If You Are Sick](#)

Mass DPH Infographic: [10 Tips - At Home Quarantine or Self-Monitoring](#)

If you are diagnosed with COVID-19, instructed by your doctor to be tested for COVID-19, or have been instructed by your doctor to self-quarantine due to COVID-19 exposure, contact the Wellness Center at 508.531.1252 or tracing@bridgew.edu for any additional guidance.



STEP 2:

Maintain Physical Distance

Physical distancing, also called “social distancing,” means keeping space between yourself and other people outside of your home. To practice physical distancing:

- Stay at least 6 feet (about 2 arms length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

Please review the following link for additional information about physical distancing:

CDC: [Social Distancing](#)

Mass DPH Video: [Help Prevent COVID-19 Video](#)



STEP 3:

Wear a Face Covering in Public

BSU requires that masks be worn at all times when at BSU, indoors or outdoors, with the only exceptions being behind the closed door of your residence hall room and seated to eat at physically distant tables at BSU dining halls. Please review the following guidance from Mass DPH on proper use of face coverings.

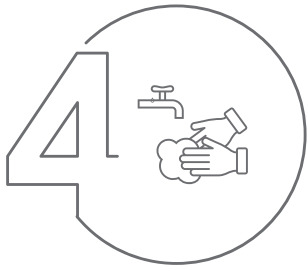
Mass DPH: [Wear a Mask in Public Video](#)

Mass DPH Video: [How to Safely Cover Your Face Outside of Home Video](#)

CDC: [How to Wear Cloth Face Coverings Video](#)

If you are going to be using your own face covering, please review the following document to ensure proper fit and function.

CDC: [Use of Masks to Help Slow the Spread of COVID-19](#)



STEP 4:

Practice Good Hygiene

The last step in COVID-19 mitigation is remembering to practice good hygiene. Good hygiene includes:

- washing your hands regularly for at least 20 seconds
- using an alcohol-based hand gel if soap and water are unavailable
- avoid touching your eyes, nose and mouth
- regularly clean high touch areas
- cover your mouth when you cough or sneeze, use a tissue or your inner elbow rather than your hands
- avoid sharing or passing items within the workplace

Please review the following link for detailed instructions on proper handwashing technique.

CDC: [When and How to Wash Your Hands Video](#)

Mass DPH Video: [Stop the Spread of Germs Video](#)

Thank you for reviewing the Code of Public Health & Bear Paw Pact, guidelines for Public Health Safety for the Bridgewater State University Community, and an accompanying public health pledge. Please complete a brief webform attesting that you have reviewed the materials in this training, understand the expectations, and will follow these guidelines to keep yourself, others and our BSU community safe.

[Click here to attest you have reviewed this document.](#)