



The U.S. Centers for Disease Control and Prevention (CDC) encourages everyone to [get vaccinated](#) against Covid-19. You can also reduce your risk by taking the same measures as you would to prevent infection from the flu and the common cold:

- Wash hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with 60-95% alcohol if soap/water is not available.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth and nose with your elbow or a tissue when coughing, sneezing, and immediately dispose of the used tissue.

\_\_\_\_\_ **(initial)** I understand that, if I exhibit any signs or symptoms of COVID-19, as enumerated by the U.S. Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>, or if I have been in close contact with someone who has tested positive for COVID-19, it is my responsibility to contact NSU Health Services at 318-357-5351 or [demonsreportcovid@nsula.edu](mailto:demonsreportcovid@nsula.edu) immediately. Health Services will conduct testing and determine the need for self-isolation or quarantine. If quarantine is necessary, I understand that I will be required to return home or find off-campus accommodations for my period of quarantine.

\_\_\_\_\_ **(initial)** I understand and affirm that, in the event of a medical emergency, I will call University Police at 318-357-5431, and that I should notify the dispatcher that I have, or think I might have, COVID-19. If possible, I will put on a cloth face covering before medical help arrives.

\_\_\_\_\_ **(initial)** I understand that University Housing & Residence Life may find it necessary to take specific actions to protect the public health of residents which may include other communicable diseases besides COVID-19.

\_\_\_\_\_ **(initial)** I understand that social distancing is important in keeping COVID-19 cases down. I understand that I have a responsibility to protect myself, my roommate(s), and the other residents with whom I may interact.

\_\_\_\_\_ **(initial)** I understand that I am held to the COVID-19 protocols as stated by Northwestern State University and that those protocols can change at any time based on recommendations and guidelines from the CDC, local and state agencies and/or the university. Visit [www.nsula.edu/return-to-campus/](http://www.nsula.edu/return-to-campus/) for information on COVID-19 policies and protocols.

\_\_\_\_\_ **(initial)** I understand that due to COVID-19, visitation in the residential communities will be limited to on-campus residential students only. No visitors will be allowed that do not reside in on-campus housing. I understand that there will be **no overnight visitation** allowed. These restrictions will be evaluated as COVID-19 guidelines change.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Property: UC UP1 UP2 VH