Prevent the spread and protect our community. Be a force for the greater good.

**What are some of the symptoms of COVID-19?**
- New chills
- New muscle aches
- Sore throat
- Headache
- Diarrhea
- New loss of taste or smell
- Fever
- New cough
- New shortness of breath or difficulty breathing

**What is my responsibility to maintain a healthy campus?**
Before coming to work, please assess your health.

If you’re experiencing any symptoms:
- Stay home
- Call your health care provider
- Contact your supervisor

You can find TCU’s Daily Health Self-Assessment for on-site personnel at covid-19.tcu.edu/self-assessment

**CLEAN**
- Clean your hands for 20 seconds and your workspace daily.
- Wipe down frequently used items like your phone, keyboard, mouse and desk.

**COVER**
- Cover coughs and sneezes, and wear a cloth face covering over your nose and mouth in public settings, such as:
  - Classrooms
  - Common lounge areas
  - Breakrooms
  - Meeting areas
  - Dining halls (except to eat)
  - Unions and public event spaces

You do not need to wear a face covering in your private office.

**CONTAIN**
- Contain by staying in your personal space. Practice physical distancing and greet each other with a “Frogs up” instead of a handshake.

MORE INFORMATION FOR TCU EMPLOYEES IS AVAILABLE AT COVID-19.TCU.EDU