KEEP 3-6 FEET OF DISTANCE
Try to keep at least 3-6 feet of distance between you and others.

AVOID UNNECESSARY CONTACT
Email, call, text, etc. when possible.

AVOID SHAKING HANDS, HUGS, ETC.

WASH HANDS OFTEN
Wash hands often. Learn to wash hands effectively and do so for at least 20 seconds, which is just enough time to say the Lord’s Prayer.

AVOID LARGE GROUPS
At Mary, we are limiting groups to no more than 30. Classes with more than 30 are being moved to larger rooms to enable students to spread out.

When gathering as part of a small group:
• Disinfect surfaces before and after gathering
• Wash or disinfect hands before and after gathering
• If food is served, use food that comes in individual containers – avoid having dishes where people help themselves from a common bowl or plate
• Spread out

Please keep up to date at www.umary.edu/covid. Email healthinquiry@umary.edu with questions.