

# Be committed. Be well.

## COMMUNITY WELLNESS COMMITMENT

The New River Public Health Task Force is comprised of officials from local health, public safety, education, and government agencies. We are working collaboratively to provide residents and communities with effective guidance about COVID-19 and other infectious diseases.



**As members of the community, we pledge to care for the health and well-being of others by personally adopting our Community Wellness Commitment:**

- **We will** affirm our commitment to the safety, health, and well-being of our campuses and local communities.
- **We will** affirm that we will support the mental well-being of all community members.
- **We will** wear face coverings/masks in public areas.
- **We will** practice physical distancing by maintaining at least 6 feet of distance from others.
- **We will** practice good hygiene, including frequent handwashing and covering coughs or sneezes.
- **We will** stay home and avoid public spaces when not feeling well.
- **We will** contact our health care provider or an urgent care facility if we believe we are sick or have been exposed to the coronavirus.
- **We will** support but avoid contact with those who are sick.
- **We will** follow public health guidelines and medical recommendations to be tested and self-isolate as necessary.
- **We will** make a list of all others with whom we have had close contact, if necessary, to aid in contact-tracing efforts.



THE **BLACKSBURG** PARTNERSHIP



[vt.edu/ready/well](http://vt.edu/ready/well)  
[nrvtowellness.com](http://nrvtowellness.com)

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