



## **Regent Community Wellness Pledge**

As a member of the La Reina Community, I am willing to take steps to stay well and protect the health of others. To that end, I will take responsibility for my own health and help keep the La Reina community safe by taking measures to stop the spread of COVID-19. I am committed to using good judgement, and adhering to the safety protocols outlined by the school and county health officials, both on and off campus.

### **I PLEDGE TO:**

#### **PROTECT MYSELF**

- Remain vigilant for symptoms of COVID-19 and report any symptoms to a medical professional: temperature of 99.5 F or higher, cough, difficulty breathing, chills, muscle pain, sore throat, nausea, diarrhea, or fatigue.
- Wash my hands often with soap and water and use hand sanitizer.

#### **PROTECT OTHERS**

- Maintain physical distance.
- Wash hands with soap and water routinely, or use hand sanitizer when ability to wash hands is not available.
- Wear appropriate face covering correctly.
- Stay home if I feel ill, or if I have been exposed to anyone who has tested positive for COVID-19.
- Support students who may be struggling socially or emotionally with the impact of COVID-19.

#### **PROTECT OUR COMMUNITY**

- Carefully observe instructional signs and follow those directions on campus.
- Observe and uphold all La Reina COVID-19 policies and local guidelines.

**I PLEDGE TO UPHOLD THE ABOVE COMMITMENTS AND HELP KEEP THE LA REINA COMMUNITY SAFE.**