



Healthy Habits

We ask that all members of the PA community commit to remaining at home if any signs of illness are present—including but not limited to fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle aches, headache, loss of taste or smell, sore throat, congestion, nausea, vomiting, and diarrhea.

Students, faculty, and staff will also commit to practicing good hygiene, including:

- Wearing required face coverings at all times, with the exception of meals and other approved circumstances.
- Thorough hand washing. Hands should be washed with soap and water for at least 20 seconds as often as possible but always before and after using the toilet; before touching your eyes, nose or mouth; before and after eating; after sneezing, coughing or using a tissue; after contact with high-exposure areas such as door handles; before leaving school and upon return home; and between classes.
- Using hand sanitizers and disposable wipes. Hand-sanitizing stations will be set up throughout campus, and hand sanitizer will be available in every classroom. Students, faculty, and staff are also encouraged to carry their own hand sanitizers and should frequently clean personal cell phones and devices. Disinfecting wipes and/or sprays will be provided throughout campus as well, but students, faculty, and staff are also encouraged to bring their own.
- Avoiding sharing. Do not share food or drinks; bring a personal, reusable water bottle that is cleaned thoroughly each day.
- Cover coughs and sneezes with a tissue and immediately throw away tissue and wash your hands. If tissue is not available, cover coughs and sneeze into the elbow.