**A close up of a logo

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**Instructors and student Participation practices for On Purpose WellBeing Centers Re-Opening**

**Wash your hands frequently**   
Use soap and water to wash for at least 20 seconds or use an alcohol-based hand sanitizer.

**Maintain social distancing**   
Avoid close contact with other individuals. Remember that some people without symptoms may be able to spread the virus.

**Avoid touching your eyes, nose and mouth**   
Hands touch surfaces that pick-up viruses and once contaminated, can transfer and enter your body.

**Practice respiratory hygiene**   
Cover your mouth and nose with a bent elbow or tissue when coughing or sneezing and dispose of tissue immediately.

**Seek medical care early**   
Stay home if you feel unwell. If you have a fever, cough or difficulty breathing, consider seeking medical attention.

**Stay informed**   
Follow advice from your healthcare provider and your national and local public health authority.