

# Health Reminders

## Universal Precautions

- **Wash your hands** frequently!  
Use soap and water for 20 seconds (or sing “Happy Birthday” twice).
- Use **hand sanitizer** when you can’t use soap.
- Cough or sneeze into a **tissue or your elbow**.
- Spray surfaces with **disinfectant** if anyone in the cottage is sick.



## Off-campus visits



- Complete **Off-Campus Return Evaluation** form **every single time** a resident returns to campus.
- Bring the resident to the **Health Center** if they report any symptoms on the form.