

RACER HEALTH AND SAFETY TIPS



REGULARLY WASH HANDS FOR AT LEAST 20 SECONDS AND USE HAND SANITIZER FREQUENTLY



CHECK YOUR TEMPERATURE DAILY



IF YOU FEEL SICK, STAY HOME



WEAR A FACE MASK



UTILIZE MURRAY STATE HEALTH SERVICES (CALL, VISIT, OR TELE-VISIT)



PRACTICE SOCIAL DISTANCING



KEEP YOUR WORKSTATION/ROOM SANITIZED



GET A FLU SHOT



EXHIBIT HEALTHY BEHAVIOR



DOWNLOAD THE APPLE COVID-19 APP FOR DAILY USE



EAT WELL. EXERCISE. GET PLENTY OF REST.



MAKE GOOD CHOICES

Visit murraystate.edu/racerrestart for important *Racer Safe and Healthy* updates, resources and tips.

We are forward-moving. We are family. We are Racers.

THROUGH THE RACER SAFE AND HEALTHY INITIATIVE, WE PLEDGE TO DO OUR PART FOR EACH OF US, OUR RACER FAMILY AND OUR COMMUNITY.