

Racer Safe and Healthy **GUIDELINES**

1. Regularly wash hands for at least 20 seconds and use hand sanitizer frequently
2. Check your temperature daily
3. If you feel sick, stay home
4. Wear a face mask
5. Utilize Murray State Health Services
(call, visit, or tele-visit)
6. Practice social distancing
7. Keep your workstation/ room sanitized
8. Get a flu shot
9. Exhibit healthy behavior
10. Download the Apple COVID-19 app for daily use
11. Eat Well. Exercise. Get Plenty of Rest.
12. Make good choices



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

Through the Racer Safe and Healthy initiative, we pledge to do our part for each of us, our Racer family and our community.



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