BACK-TO-COLLEGE TIPS
Protect Yourself from COVID-19

Watch your distance
Stay at least 6 feet apart from others, when possible

Wash your hands
or use hand sanitizer with at least 60% alcohol

Wear a face cover
in public spaces and common areas

The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

DORM
- Avoid sharing items with roommates or others.
- If you do, clean and disinfect before sharing or using.

SHARED BATHROOM
- Avoid placing toothbrushes directly on counter surfaces.
- Use totes for personal items to limit contact with other surfaces in the bathroom.

CLASSROOM
- Enroll in online classes if they fit your educational needs.
- Wipe down your desk with a disinfectant wipe if possible.
- Skip seats or rows to create physical distance between other students.
- Avoid placing your personal items (e.g., cell phone) on your desk.

DINING HALL & MEALS
- Avoid sharing food, drink, utensils or other items with people.
- Pick up grab-and-go options for meals if offered.
- Avoid buffets and self-serve stations.

LAUNDRY ROOM
- Clean and disinfect surfaces that others have touched (e.g., buttons on the washing machine).
- Wash face covers in warmest appropriate water setting for the fabric.

BEFORE YOU GO OUT, TAKE THE FOLLOWING:
- Cloth face cover
- Tissues
- Hand sanitizer
- Disinfection wipes (if possible)

cdc.gov/coronavirus