

March 6, 2020

Dearest Aggies,

As we enter spring break, I ask that you do two very simple things. First, work to remain healthy by shielding yourself against coronavirus disease 2019 (COVID-19). Second, carry with you our core value of Respect into your communities. In short, be a role model in every way for healthy behaviors!

Let us start with the first ‘to-do’ of working to remain healthy. According to the Centers for Disease Control and Prevention, do your best to avoid viruses, be it the COVID-19 or the flu. Prevention is the best protection. You can take these easy steps:

- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Your second ‘to-do’ is to spread our Aggie core value of Respect far and wide. Without Respect, fear and ignorance can take hold of our communities. As Aggies, we will not engage in fear-mongering. As Aggies, we embrace our core value of Leadership by modeling affirming behaviors and rejecting bias and discrimination. More, as Aggies, we can show others how to love, support, and protect people on our campus and in our communities from social stigma and discrimination.

Aggies, please do take care of yourselves and each other.

Peace,

Robin R. Means Coleman

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