

# THE COVID CHECKLIST



Use this handy checklist to make sure you do your part to help NAU have a safe and healthy spring semester!

- ✓ Commit to the Lumberjack Way forward ([nau.edu/lumberjack-way](https://nau.edu/lumberjack-way)) to help keep yourself and our community safe: mask up, maintain at least six feet of physical distance, follow proper hygiene protocols, and avoid large gatherings.
- ✓ Get tested for COVID-19. A negative test is required for students moving in to university housing. (Upload a PCR - not antigen test.) Students living off-campus are strongly encouraged to get tested prior to the start of the semester. Find your local testing center here: [azdhs.gov](https://azdhs.gov)
- ✓ NAU will be randomly testing students, faculty, and staff throughout the semester for COVID-19 to monitor community health and mitigate risks from the virus to our campus. Throughout the semester, be on the lookout for an email which requires you to participate. More information: [nau.edu/jacks-are-back/testing](https://nau.edu/jacks-are-back/testing)
- ✓ Each day, complete your daily Healthcheck, which is mandatory for all students, faculty, and staff: [nau.edu/healthynau](https://nau.edu/healthynau)
- ✓ Download the anonymous Covid Watch app to detect potential exposures to the virus: [nau.edu/covid-watch-arizona](https://nau.edu/covid-watch-arizona)
- ✓ Bring more than one mask to campus. Masks or face coverings are required in all campus buildings. You will receive two (2) masks and a hand sanitizer from NAU when you arrive on campus to help ensure you have a sufficient supply. Learn more about mask requirements and recommendations for mask care here: [nau.edu/jacks-are-back/lumberjack-responsibilities](https://nau.edu/jacks-are-back/lumberjack-responsibilities)
- ✓ Talk with your roommates to make a plan for staying healthy together. Set clear boundaries and help keep one another on track. [nau.edu/roommate-questions](https://nau.edu/roommate-questions)
- ✓ Familiarize yourself with quarantine and isolation protocols, and how best to care for yourself and others, in case you are exposed to COVID-19.
- ✓ Remember to bring your health insurance card to campus, and make sure that you know your insurance coverage details.
- ✓ Visit the Jacks are Back webpage for the most up-to-date information on the return to classes: [nau.edu/jacks-are-back](https://nau.edu/jacks-are-back)

As we wait for vaccines to become available, we must continue to work together to help keep our communities safe. Now let's have a great semester!