

I commit to doing my part to prevent the spread of the COVID-19 virus on the PTC campus and in the community at large by taking responsibility for my personal health and following all PTC guidelines designed to keep the PTC Community safe.

### 1 Protecting myself

- Managing my COVID-19 symptoms:
  - Regularly assessing whether I experience any of the typical symptoms (fever of 100.4° F or higher, chills, dry cough, muscle aches, headache, shortness of breath, sore throat, nausea, vomiting, diarrhea, or loss of taste or smell)
  - Staying home if symptoms are detected and contacting a medical professional
  - Contacting my academic leadership, as well as my resident coordinator (if applicable)
  - Seeking immediate medical attention if my symptoms progress to a more severe level (trouble breathing, inability to stay awake, persistent pressure/pain in chest, bluish lips/face, new bouts of confusion)
- Washing my hands frequently with soap and water (or hand sanitizer if need be)

### 2 Protecting those around me

- Maintaining 6-foot social distancing guidelines in my interactions with others
- Wearing an appropriate face mask and adhering to recommended positioning/cleaning practices
- Regularly cleaning my personal belongings and any shared common spaces
- Staying home if I have been exposed to someone who is ill or has tested positive for COVID-19

### 3 Protecting our PTC Community

- Complying with the daily screening process critical to safeguarding our campus
- Following PTC COVID-19 prevention policies and any posted campus signage
- Participating in any PTC testing initiatives and contact tracing procedures
- Maintaining a positive, productive attitude with an eye out for those who may need extra support
- Refraining from risky behavior on and off campus

### 4 Acknowledgement of COVID-19 Risk

I acknowledge that COVID-19 is a highly contagious virus that mainly spreads from person to person. I realize that I can never be totally protected from catching COVID-19 or any other illness while choosing to live in PTC-sponsored housing and/or choosing to attend classes on campus even though Pittsburgh Technical College has implemented a comprehensive safety plan to prevent spread of the virus – a plan that follows the guidelines provided by governmental agencies such as the CDC, Pennsylvania Health Department, and Allegheny County Health Department.

I have read, understand, and agree to comply with the PTC Personal Responsibility Statement, recognizing that it will take everyone in the PTC community working together to help fight the spread of the virus on campus. I take my signing of the PTC Personal Responsibility Statement seriously as an affirmation that I will do my part to protect the PTC community.

---

Your Name (PRINTED)

---

Your Signature

---

Your PTC Program

---

Date