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The 3 W's to Staying Safe On & Off Campus During COVID-19

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3 W's To Staying Safe On & Off Campus during COVID-19

*What happens if you
DO NOT follow the 3
W's...*

Wear a mask!

Wash
your
hands!

Watch your
distance!

Brain damage

COVID-19 can lead to long-term issues with **memory and attention.**

Heart damage

Young adults, *including athletes*, can suffer from heart problems, such as **heart failure.**

Lung damage

COVID-19 can cause many lung issues, such as **pneumonia, sepsis, and severe lung injury.**

This information was obtained from Johns Hopkins Medicine, Harvard Health, the American Heart Association, and the Centers for Disease Control and Prevention.

**You have a
responsibility to others!**

These necessary measures will help to protect you, your friends, your roommates, & your family from COVID-19.

If you do not follow the 3 W's, these long-term health effects can impact both you and your loved ones.