



### MASK UP

always wear a mask in any public space and follow all PPE requirements for class



### MIND YOUR DISTANCE

keep 6 feet between yourself and others, with the exception of close family & partners



### KEEP IT CLEAN

maintain dedicated hand-washing habits and use hand sanitizer regularly

# WHAT'S MY RISK? KCU STUDENT & EMPLOYEE GUIDE

These recommendations are provided based on: the current status of the COVID-19 pandemic in Missouri and the surrounding states; Kansas City University leadership's understanding of the science of this virus and its transmission between individuals; and official guidance from health agencies such as the Centers for Disease Control and Prevention (CDC). This information is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Places and activities marked with a **blue** designation have specific guidelines provided by the CDC, linked below.

RISKY PLACES	LOW RISK	MEDIUM RISK	HIGH RISK	RISKY ACTIONS
	<p><b>LOW RISK</b></p> <p>seeing close family or roommates * studying as a group outside ordering food to-go or for delivery ordering from online vendors exercising alone in a private space playing golf or tennis * relaxing on your patio with a friend going to a museum giving a friend a ride in your car</p> <p>WHY ARE THESE LOW RISK? We have many restrictions in our lives right now, but it's important to maintain emotional connections and physical fitness. These activities are not without risk, but enable you to follow guidelines such as physical distancing. Still, use your best judgment when determining who, if anyone, you join for low risk activities.</p> <p><b>KCU recommends only these activities.</b></p>	<p><b>MEDIUM RISK</b></p> <p>hanging out as a small group studying as a small group dining outside at a restaurant * going retail or grocery shopping exercising as a group outdoors going to driving ranges or mini golf wine tasting at an outdoor vineyard going to a public library carpooling with &gt;1 other person</p> <p>WHY ARE THESE MEDIUM RISK? These outdoor activities allow you to set some physical distancing limits but keep you in less than ideal proximity to others. These indoor activities, however, make physical distancing more difficult or put you in areas with limited air turnover and/or in contact with potentially hazardous surfaces.</p> <p><b>KCU advises avoiding these activities when possible.</b></p>	<p><b>HIGH RISK</b></p> <p>going to or hosting a party * studying inside a public space dining inside at a restaurant * attending flea and farmers markets going to a gym or fitness center * going bowling or playing volleyball going to a bar or night club * going to any large event * taking public transportation *</p> <p>WHY ARE THESE HIGH RISK? These outside events have a high risk factor as people are less likely to observe physical distancing and wear face masks. These inside events require close contact and make physical distancing nearly impossible. Shared public spaces may not have been adequately cleaned.</p> <p><b>KCU strongly cautions against these activities.</b></p>	

## WHAT GROUP SIZE IS OKAY?

Indoors: **10 or fewer** is fine **BUT ONLY IF** you are always physical distancing and wearing masks. Stick to one group and keep the same people in it. Have them commit to doing the same.



QUESTIONS? CONTACT: REAWAKENING@KCUMB.EDU

- Public Transportation: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html>
- Pools & Beaches: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/beaches-pools.html>
- Restaurants & Bars: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/business-employers/bars-restaurants.html>
- Parks: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>
- Parties: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>
- Gyms/Fitness Centers: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>
- Playing sports: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>
- Large Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>
- Living in Shared Housing: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>
- Living with a Roommate: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>