

Keep It Up!

PROTECTING OUR COMMUNITY FROM COVID-19

Prior to facilitating this conversation, please consult your campus website to ensure you are aware of updated and accurate information on the COVID-19 guidelines and policies set by your institution or local health department.

CONVERSATION STARTER

The health and safety of our fellow sisters, friends, families and peers is one of our top priorities. Alpha Chi Omega strives to make sure we are all prepared and protected as we navigate the complexities of the COVID-19 pandemic.

COVID-19 has dramatically impacted people across the world. Tens of millions of people have been infected and over 1 million people have died due to COVID-19¹. Millions more have been negatively impacted by COVID-19 in ways beyond their own health.

What are some ways COVID-19 has personally impacted you?

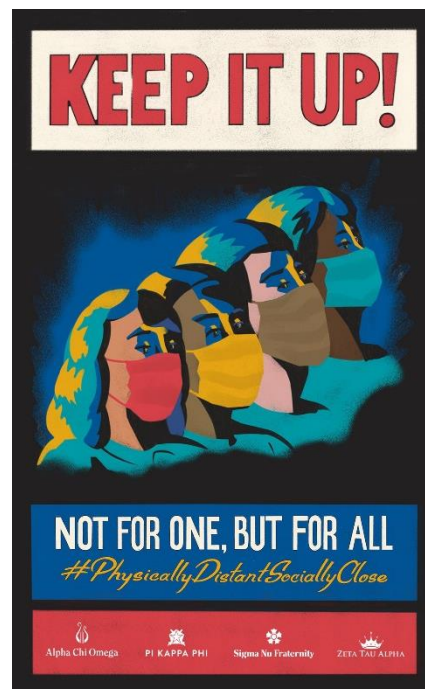
- *Examples may include class schedule disruption, limited in-person gatherings, not visiting family or friends, a parent or guardian losing their job, cancelation of traditional gatherings and social isolation.*

While one of the constant variables of this experience has been the uncertainty of what lies ahead, we are all empowered to make healthy choices that play a role in stopping the spread of COVID-19. It is important to understand how our choices can help contribute to reducing the transmission of COVID-19.

- *Show the educational poster to the chapter.*

This fall's harm reduction poster focuses on encouraging fraternity and sorority community members to continue their commitment to making choices that will reduce the spread of COVID-19.

We are going to start off today's conversation with some discussion questions.



DISCUSSION QUESTIONS

To understand how to effectively reduce the spread of the virus, it is important to understand how the virus can be spread.

What are some ways the virus can spread from person to person?

- *Allow members to share their responses.*

The Centers for Disease Control and Prevention (CDC) provides the following on how COVID-19 spreads²:

- The virus is spread mainly person to person who are in close contact (within about 6 feet) and through respiratory droplets produced when an infected person talks, coughs or sneezes (airborne transmission).
- It may also be possible for the virus to spread through touching an infected surface or object and then touching your own mouth, nose or eyes.

Considering how the virus spreads, what are some ways we can protect ourselves and others?

- *Allow members to share their responses.*

The CDC advises the following prevention strategies³:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with others.
- Cover your mouth and nose with a mask when around others.
- Cover your coughs and sneezes with a tissue and throw used tissues into a lined trash can or cover your nose/mouth with your bent elbow.
- Clean and disinfect frequently touched surfaces.
- Avoid touching your face, especially your eyes, nose and mouth.
- Monitor your health daily.

It is important to protect ourselves and others, and we must keep it up. Keep up our prevention efforts. And keep our masks up when in public.

To help keep our community safe, our campus has employed various strategies to limit the transmission of COVID-19.

What are some of the COVID-19 related guidelines in place on our campus?

- *Review updated and accurate information on the COVID-19 guidelines and policies set by your institution or local health department.*

At the bottom of the poster, you will notice the message “Not for one, but for all.”

What does that message mean to you?

- *Responses might include being committed to COVID-19 prevention strategies, bettering our community as a whole, looking out for those most vulnerable, we are all in this together or it's going to take all of us and not just one person to help stop the spread of COVID-19.*

How can we show our support and continued commitment to COVID-19 prevention strategies?

- *Examples might include leading by example through all members complying with COVID-19 policies and expectations, organizing a mask creation or donation event, posting the “Keep It Up!” poster on social media or campus, and embracing the #PhysicallyDistantSociallyClose mentality to support a continued safe and powerful fraternity and sorority experience.*

CONCLUSION

For over two centuries, fraternities and sororities have successfully adapted to change to continue providing an enriching membership experience in alignment with our timeless educational missions and values. Embracing #PhysicallyDistantSociallyClose as our mantra, we can continue providing that powerful membership experience while also doing our part to reduce the transmission of COVID-19.

Remember, not for one, but for all.

HELPFUL RESOURCES

- [Alpha Chi Omega COVID-19 Updates](#)
- [CDC Website for COVID-19](#)
- [National Panhellenic Conference \(NPC\) Coronavirus Resources](#)

SOURCES

1. <https://coronavirus.jhu.edu/map.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
3. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>