

Healthy Tiger Plan

RCC Tigers take responsibility to stay well and protect each other to limit the spread of COVID-19 and other communicable diseases. RCC Tigers care for one another and all members of the RCC community and are expected to follow protocol and guidelines on campus. When we follow these guidelines, we are able to do our best for ourselves and each other's health.

Follow the following steps to protect yourself and others:

- Monitor COVID-19 symptoms and report to a medical professional if you have a fever, dry cough, sore throat, difficulty breathing, new loss of taste or smell, fatigue, headache or other symptoms identified by the [CDC](#)
- Wash your hands often with soap and water for at least 20 seconds
- Masks or face coverings are required to be worn at all times
- Maintain appropriate social distancing of 6 feet
- Keep clothing, belongings, computers, personal spaces clean
- Follow campus instructional signs and directions
- Participate in health and wellness activities

For the complete list of protocol and guidelines, the RCC reopening plan and additional training materials on PPE, please go to <https://www.rcc.mass.edu/about-us/news/1192-important-information-on-campus-access-during-covid-19-pandemic>