

**BROWN TAKES CARE** ❤️

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# QUIET PERIOD TIPS & ACTIVITIES

[healthy.brown.edu](https://healthy.brown.edu) | #WhyICare



BROWN

## BROWN TAKES CARE



Now more than ever, in the midst of a global pandemic, our individual behaviors affect those around us. Brown is a community of conscience and caring. Based on these shared values, **Brown Takes Care** is a community-wide effort to encourage all of us to take personal responsibility for our own health and the health of those in our community — classmates, professors, essential workers, the families in Providence — because we care deeply about the well-being of one another.

Look for Brown Takes Care public health messages around campus and on social media. Learn how you can do your part in demonstrating our culture of care. Use your voice to encourage the healthy behaviors of others. Use #WhyICare on social media to tell us who you wear a mask for, how you find ways to socialize within pods and why it matters to you.

The information and activities in this booklet were prepared especially for you, to help you adjust to campus life in a pandemic and remind you that we're all in this together.

#BrownTakesCare

#WhyICare

### TOP WAYS TO TAKE CARE

These are some of the most important actions you can take to keep yourself and the Brown community healthy and safe:



**Wear your mask.** Wearing a face covering when you're around others who are not in your pod is one of the best ways to protect yourself and the Brown community from the spread of COVID-19.



**Make some space.** Keeping a distance of at least 6 feet from others, indoors as well as outside, helps to minimize the spread of COVID-19. Give others space while moving through hallways and around campus. Follow seating guides to ensure adequate distance.



**Wash your hands.** Washing your hands often is one of the most effective means of preventing the spread of COVID-19. Lather hands with soap, scrub from wrist to fingertip for at least 20 seconds, rinse and dry with a clean towel or use hand sanitizer when soap and water are not available.



**Wipe it down.** Wiping down high-touch surfaces with sanitizing cloths in shared spaces around campus helps to limit the spread of illness. Use wipes to clean desks, tables, computer keyboards and mice, doorknobs, light switches and more, before and after use.



**Stay in if you're unwell.** Protect yourself and others by staying home if you're experiencing any symptoms of illness. Students experiencing symptoms should contact Health Services at 401-863-1330 for evaluation.



**Get your test.** Log your symptoms daily using the Healthy at Brown web application. Get tested for COVID-19 when prompted. Students experiencing symptoms should contact Health Services at 401-863-1330 for evaluation and testing.



**Track your contacts.** Keep a contact tracing journal, digitally or on paper, of who you interact with and where you go. This information will help the University quickly identify other potential cases if you test positive for COVID-19 and curb the spread of the virus.



**Live local.** Help Providence #CrushCOVIDRI and protect the Brown community by staying local during the semester and avoiding out-of-state travel.



**Respect Quiet Period.** Undergraduate students living on campus should stay in as much as possible during Quiet Period (your first two weeks on campus). Get your COVID-19 test, track your symptoms and interact with friends virtually. If you live off campus, limit in-person contact to those you live with.



**Protect your pod.** Develop your "pod," a small network of friends who agree to follow shared practices, and keep your in-person contacts minimal. Be honest with those in your pod about where you go and who you see, and make interactions outside your pod virtual whenever possible.

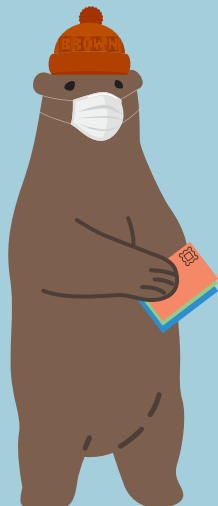


**Use your voice.** Encourage others around you to wear their masks, wash their hands, make space, form a pod, avoid in-person gatherings and follow other public health guidelines. Holding one another accountable helps us all stay healthy.

Brown students have proposed 30 fun ideas to connect, practice self-care and get to know the Brown campus and community during the winter months.

If you're new to Brown, you can meet and connect with other students by participating in Orientation, engaging with the Bruno Beginnings online community ([orientation.brown.wisr.io](https://orientation.brown.wisr.io)) and visiting your class Facebook page (search by class year).

To protect the health and safety of our entire community, including our friends in Providence, be sure to check Brown's Campus Activity Status before making plans. Adjust your plans based on the Campus Activity Status Level, from Level 1 (very limited activity) to Level 3 (more open). Learn more about the levels at [healthy.brown.edu/campus-activity-levels](https://healthy.brown.edu/campus-activity-levels).



19. Play a tennis match at the Brown Tennis Courts.
20. Reserve a spot at one of the libraries next to your friend.
21. Reserve a spot at the Nelson Fitness Center near your friend.
22. Go for a hike in Lincoln Woods State Park or a walk through Swan Point Cemetery.
23. Play board games with your pod (Monopoly, Rummikub).
24. Go indoor camping with your housemates — move furniture, set up a tent or build a fort in a common area, and camp out.
25. Hold a socially distanced winter photoshoot with friends.

## THINGS YOU CAN DO DURING QUIET PERIOD:

(the first two weeks after you return to campus)

1. Zoom and play Codenames with friends who are remote. You will need at least 4 people, but can have up to 8.
2. Play "Among Us" online with friends outside of your pod.
3. Make friendship bracelets for friends.
4. Use Netflix Watch Party to synchronously watch and chat with friends about a film.

# 30 WAYS TO SOCIALIZE THIS WINTER



5. Become penpals with a friend who is remote.
6. Send postcards to friends and family.
7. Play "Heads Up!" online with a group of friends.
8. Choose a book that you and a friend can buddy-read and discuss progress over Zoom.
9. Have a PowerPoint night with friends over Zoom (the wilder the topic the better).
10. Rearrange/redecorate an area of your living space to make it extra comfy.
11. Attend an online community mindfulness session at the Mindfulness Center at Brown.

## THINGS YOU CAN DO AFTER QUIET PERIOD:

(depending on Campus Activity Status)

12. Go for a bike ride on the East Bay Bike Path.
13. Coordinate COVID-19 testing appointments with friends who are not in your pod.
14. Create a seasonal charcuterie board with your housemates.
15. Once it snows, have a friendly snowball fight with your pod.
16. Grab an outdoor blanket and thermos and have a cold-weather picnic on the green.
17. Meet up with a few friends and go socially-distant sledding at Moses Brown School. (Pro tip: You can use cardboard boxes as sleds.)
18. Play spike ball with your pod.

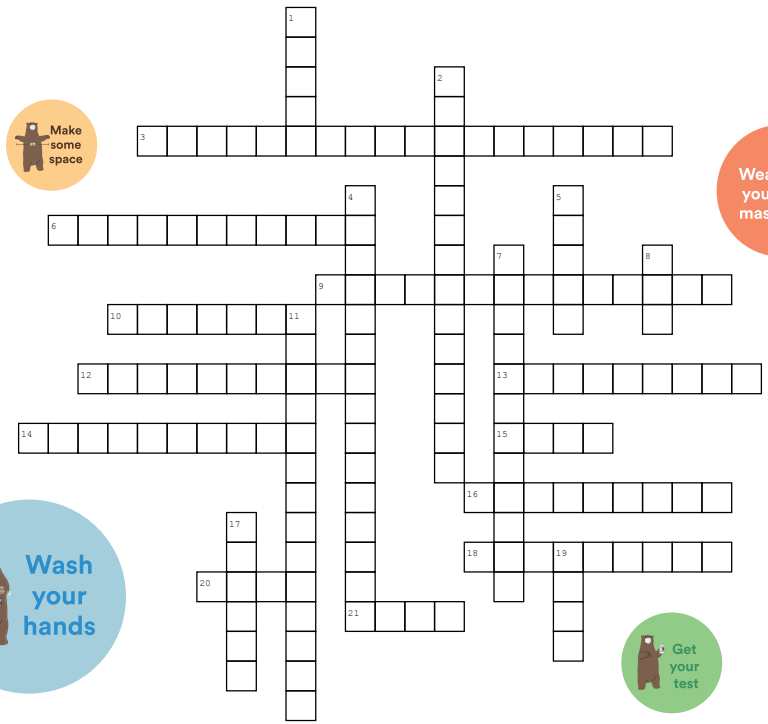


26. Stargaze on Pembroke Field.
27. Build a snowperson. Work together in your pod or stay socially distant by making a group of snowpeople (or a snow Bruno!).
28. Try the different doughnut flavors at PVDonuts or Knead and rank them.
29. Grab a warm beverage with a friend and take a walk.
30. Go to the Roger Williams Park Zoo with a friend.



P E V N I N N O V A T I O N U N O B H Z  
 S T A Y L O C A L H I Q N V W C M X Y U  
 A U T I B R G S A N I T I Z E R A A B V  
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ADVISING	MEIKLEJOHN	STAY LOCAL
BROWN NOSER	NELSON	SUSTAINABILITY
CANVAS	NEW YEAR	UFUNDS
CONVOCATION	OMAC	UNIVERSITY HALL
FOCAL POINT	PEMBROKE	WATSON
HYBRID	SANITIZER	WATERFIRE
INPERSON	SHOPPING PERIOD	WELLNESS
INNOVATION	SIX FEET	WHY I CARE
JOHN HAY LIBRARY	SPICY WITH	WINTER
MASK OUT	SPRING SEMESTER	ZOOM



**Down**

1. Wear a mask over your nose and \_\_\_\_\_ whenever in a building, socializing with or around people who are not in your pod, or unable to maintain social distancing.
2. Students experiencing symptoms of COVID-19 should call University \_\_\_\_\_ at 401-863-6200.
4. The name of the online community first-year students will use to make virtual connections.
5. Abbreviation for state agency that is in charge of monitoring COVID-19 and communicating new rules and guidance
7. Regular COVID-19 testing is critical in part because some people may be \_\_\_\_\_.
8. A small group of students who associate with each other based on agreed-upon shared practices
11. The @brown.edu email address students should use to request a change to their testing status
17. Check the Campus Activity \_\_\_\_\_ to determine what type of activities are acceptable on campus.
19. Stick-like tool used to collect nasal sample for COVID-19 testing

**Across**

3. Staff members who are on campus to help promote healthy behaviors during the pandemic
6. One of several spaces where students can schedule individual study time.
9. Place food orders online for pickup at this campus eatery. (2 words)
10. When washing your hands, lather with soap for 20 \_\_\_\_\_.
12. You should \_\_\_\_\_ as soon as possible if you miss your COVID test.
13. An email from Team Healthy or \_\_\_\_\_ is not spam and contains important information about testing.
14. Students on and off campus must do this during Quiet Period.
15. Brown's COVID-19 testing sites are located in the Jewelry District and at the \_\_\_\_\_.
16. Track infections in the Brown community by visiting the COVID-19 \_\_\_\_\_.
18. Spring term marks the first time that \_\_\_\_\_ students are on campus. (hyphenated)
20. Acronym for the office that provides mental health care for students
21. Brown's Plan for a Healthy and \_\_\_\_\_ 2020-21 is the guiding document for all COVID-19-related plans and procedures on campus.



[healthy.brown.edu](https://healthy.brown.edu) | [#WhyICare](https://twitter.com/WhyICare)

Contact [browntakescare@brown.edu](mailto:browntakescare@brown.edu) with questions, feedback and ideas for promoting a healthy Brown. Visit [care.brown.edu](https://care.brown.edu) to access resources to share and adapt for your friend groups and communities.

Office of University Communications | 238707OUCFY21

## Symptoms



FEVER



COUGH



SHORTNESS  
OF BREATH



SORE  
THROAT



HEADACHE

These are some (but not all) possible symptoms of COVID-19, as listed by the CDC.