



Keep It Up!

Introduction

The coronavirus (COVID-19) has been one of the few events in history that have had a significant influence on the entire world at the same time. Tens of millions of people have been infected and over one million people have tragically died due to COVID-19¹. Millions more have been negatively impacted in some way by COVID-19.

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

Examples may include class schedule disruption, a parent losing their job, cancelation of traditional family gatherings, and social isolation.

While this pandemic has meant uncertainty for what lies ahead, we do have control on our personal choices. And it is important to understand how those choices can help contribute to reducing the transmission of COVID-19.

Show the educational poster to the chapter.

This poster focuses on encouraging viewers to continue their commitment to making choices that will help reduce the further spread of COVID-19.

Discussion Questions

Use the following discussion questions to process the poster's educational message.

Q: To understand how to effectively reduce the spread of the virus, it is important to understand how the virus can spread. What are some ways the virus can spread from person-to-person?

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

- Close person-to-person contact as defined as within approximately six feet (most common)
- Airborne transmission
- Contact with contaminated surfaces (less common)
- Between people and animals (rare)

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

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
- Cover your mouth and nose with a mask when around others

- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces
- Monitor your health daily

Q: Each campus is employing various strategies to limit the transmission of COVID-19. What are the COVID-19 related policies in place at our college/university?

Consult the campus website, as needed, to ensure all members are provided accurate information on the COVID-19 policies the campus has implemented.

Q: The poster includes the message of “Not for one, but for all.” What do you think is meant by that message?

Responses might include being committed to COVID-19 prevention strategies for the betterment of not only the individual but those we interact with and the community in which we are located, including those most vulnerable within our community.

Q: How can our chapter help support continued community commitment to COVID-19 prevention strategies?

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

Conclusion

For over two centuries, fraternities and sororities have had to successfully adapt to continue providing an enriching membership experience in alignment with our honorable mission and principles. By 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.

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>

Resources

- www.sigmanu.org/coronavirus - starting point for all of the Fraternity’s COVID-19 resources
- <https://www.sigmanu.org/collegiate-members/pandemic-plan/mental-health> - collection of pandemic-related mental health resources
- <https://www.cdc.gov/coronavirus> - CDC website for COVID-19
- <https://www.coronavirus.gov/> - latest official information from the White House Coronavirus Task Force
- <https://nicfraternity.org/covid-19/> - COVID-19 resources from the North American Interfraternity Conference
- <https://www.npcwomen.org/coronavirus-resources/> - COVID-19 resources from the National Panhellenic Conference