Keep yourself and the IHP community safe.
Flatten the curve.

1. **Wear a mask**
   - In public, wear your personal mask.
   - On campus, the Institute will provide a daily mask and other personal protective equipment (PPE) as needed.
   - At clinical education placements, either the site or the Institute will provide you with the required PPE.

2. **Follow hand hygiene and disinfectant protocols**
   - Hand hygiene has been proven to slow the spread of COVID-19.
   - Please follow hand hygiene protocols at home, on campus, and when you are in public settings.

3. **Follow social distancing and isolation recommendations**
   - Adhere to the state’s social distancing guidelines.
   - Respect maximum assembly sizes as designated in specific locations.
   - Restrict travel and social situations which are not consistent with these guidelines.

4. **Comply with Massachusetts travel restrictions**
   - Students traveling from specific states must complete a required form and self-quarantine for 14 days upon arrival in Massachusetts. A student can avoid the 14-day self-quarantine period by having tested negative for COVID-19 up to 72 hours prior to arrival.
   - If a student is traveling from a “low-risk state,” they can enter Massachusetts and do not need to complete the form or self-quarantine.
   - The “low-risk states” at this time include: Connecticut, Hawaii, Maine, New Hampshire, New Jersey, New York, and Vermont. This list is subject to change depending on the COVID-19 status in any state. States can be added or dropped from the list.