



COMMIT@IHP

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.

