



National Lutheran  
Communities & Services



# LOVE YOUR Neighbor

## *My pledge to slow the spread of COVID-19*

As National Lutheran communities re-open following the COVID-19 pandemic, we all must do our part to slow the spread of the virus through our community.

**I pledge to slow the spread of COVID-19 by:**

- ▶ Showing concern for my neighbors and team members
- ▶ Adhering to the guidelines provided by community leadership
- ▶ Staying at home and alerting community leadership if I experience any symptoms of COVID-19
- ▶ Practicing enhanced infection control methods, including regular hand hygiene
- ▶ Wearing a mask in public or in shared community spaces, covering both my mouth and my nose
- ▶ Adhering to social distancing by staying at least six feet apart at all times from individuals who do not live with me
- ▶ Self-isolating as recommended following travel
- ▶ Ensuring any visitors to the community are following the same infection control methods as I am
- ▶ Following the visitation protocols for the on-site health center (*where applicable*), recognizing I may not be able to visit my friend or loved one in person

