



# Keep it Up

## COVID-19 Conversation Starter

Few events in history have had as significant an influence on the entire world as the novel coronavirus (COVID-19) pandemic. The virus has infected tens of millions of people, resulted in the death of over one million people<sup>1</sup> and negatively impacted millions more in other ways.

Ask:

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

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

While one of the constant variables of this entire experience has been the uncertainty of what lies ahead, we do have control of our personal choices, and it is important to understand how those choices can reduce 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 help chapter members process the poster's educational message.*

Share:

- To understand how to effectively reduce transmission of the virus, it is important to understand how the virus can spread. What are some ways the virus can spread?
  - The Centers for Disease Control and Prevention (CDC) provides the following on how COVID-19 spreads<sup>2</sup>:
    - Close person-to-person contact (defined as within approximately six feet – most common transmission method)
    - Airborne transmission
    - Contact with contaminated surfaces (less common)
    - Transmission between people and animals (rare)
- Considering how the virus spreads, what are some ways we can protect ourselves and others?
  - The CDC advises the following prevention strategies<sup>3</sup>:
    - 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 with people.
    - 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.
- 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 you share accurate information with all members regarding the campus COVID-19 policies.

- The poster includes the message of “Not for one, but for all.” What do you think that message means?
  - Committing to COVID-19 prevention strategies for the betterment of not only yourself but also those we interact with and the community in which we are located, including those most vulnerable members of our community
- How can our chapter help support continued community commitment to COVID-19 prevention strategies?
  - Leading by example through complying with COVID-19 policies and expectations
  - Organizing a mask creation or donation event
  - Posting the “Keep It Up!” poster on campus and social media
  - Embracing the #PhysicallyDistantSociallyClose mentality to support a continued safe and powerful fraternity and sorority experience

For over two centuries, fraternities and sororities have had to successfully adapt to change as we continue to provide an enriching membership experience in alignment with our timeless educational missions and values. To fully embrace #PhysicallyDistantSociallyClose we must continue to offer a powerful membership experience while doing our part to reduce the transmission of COVID-19. Remember, we’re doing this 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

- [INSERT ORGANIZATION’S COVID-19 WEBSITE LINK]
- <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
- <https://www.healthline.com/health-news/study-drug-dangers>