

HOW TO WORK AND LIVE SUSTAINABLY ON CAMPUS

SAFETY FIRST



All of these suggestions take into account all current scientific guidelines and recommendations. Safety is top priority!

COMMUTING



PUBLIC TRANSPORTATION

YES it is still an option

Wear a mask, which is required by SEPTA.
Carry hand sanitizer.
Wash your hands immediately after the ride.

BIKING

Biking to campus is safe and healthy. Make sure you ALWAYS wear a helmet.



RIDE SHARE

Ride share is not encouraged, but can be safe if you AND the driver are wearing a mask. Avoid the carpool ride option, you don't want to be in the ride share with another individual. If possible, roll down the window to provide extra air flow.

LIVING AND WORKING ON CAMPUS

REUSABLE UTENSIL PACKS

These packs are a great way to always have a safe eating utensil on hand. Take home every day to clean. Fits easily into a purse, backpack, or lunch box.



REUSABLE WATER BOTTLES

Great way to stay hydrated and safe. Take it home every day to clean. Fill it up at touchless hydration stations or water coolers (use your elbow to avoid touching the buttons with your hands).



BRING YOUR OWN LUNCH

Avoid the communal refrigerator by bringing your own personal cooler. Opt for lunch options that don't require heating, a personal favorite are jar salads, but sandwiches and wraps are a great option too. Bonus points if you pack your lunch in a reusable container.



CAFFEINE

Start the day by bringing your own coffee in a reusable mug. If you are a two-or-three cups a day drinker, then you may need to refill in the office or your dorm room. Just make sure to wash your hands and disinfect appliances after you are done.

CONSOLIDATE YOUR ORDERS

When ordering from sites like Office Basics, try to consolidate one week's worth of orders into one. This will limit the number of people entering your office and reduce congestion on campus.

ALLOW IN FRESH AIR

If your office space or classroom has an operable window with a screen, consider opening it on low humid days. If it is humid outside, you may have condensation issues if you leave the window open.



GO PAPERLESS

Many of us have adjusted to printing less while working and studying from home, keep up that habit when you return to campus. Fewer trips to the copier or print center means reducing your risk of exposure and the need to sanitize equipment.

PERSONAL PROTECTIVE EQUIPMENT

FACE MASKS



TYPE

Reference the sustainable face mask guidelines.

Opt for cloth masks when possible, even better if the mask has a pocket for removable filters.

Cloth masks are reusable, comfortable, and effective.

SAFE REUSE

Masks can be safely reused if they are washed and stored properly

- Cloth masks need to be laundered after a single day of use.
- “Disposable” masks can be reused ONCE a week if kept in a brown paper bag between uses.



DISPOSABLE GLOVES

Gloves are not recyclable or reusable and should only be used when necessary.

For most Villanova community members, gloves are not required to keep you safe. Your supervisor will indicate if you do need to wear gloves for safety.

Instead, opt for washing your hands or using hand sanitizer to ensure your safety

Avoid touching your face as much as possible

SANITIZING WIPES



Wipes are **not** recyclable and should be disposed in the "wipes only" waste bin when in a classroom or lab to avoid contamination.

If you are using wipes in an office or other space, dispose of used wipes in the regular trash bin.



COMMUNITY FIRST:
The CARITAS Commitment