WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

WEAR YOUR MASK

Everyone should wear a mask in public settings and when around people who don’t live in your household.

PHYSICALLY DISTANCE

Put 6 feet of distance between yourself and people who don’t live in your household. Remember that some people without symptoms may be able to spread virus.

COMPLETING YOUR DAILY SCREENING

by Jakeem Paul

Over the course of September to October there’s been a 9% increase in students completing UNM’s daily COVID-19 screenings. That is a startling statistic! However, it is vital that this percentage increases. It is important to remember that these screenings aid in tracking and better understanding COVID-19. With this information, it allows not only UNM but also New Mexico to provide sanctions and policies that ensure the safety and health of UNM students. It is also important to remember to self-assess properly and to answer the screening questions with honesty. If any COVID-related symptoms are being experienced, please note that in the screenings to not only protect yourself but to also protect others on campus. As a campus community, we have to be accountable and look out for one another since we all know...Everyone’s a Lobo! Woof! Woof! Did I mention that you have an opportunity to win a TON of prizes for completing it as well? Make sure to take your screenings daily, take a picture, post on social media, and use the hashtag #ProtectThePack and/or @Lobo_Prevention_Pack.
LOOKING AT THE DATA

by Grant Atencio

Dating back to August 17th, 2020, the state of New Mexico was at 23,500 positive cases. Since then, the number of positive cases have increased to 37,896 and counting. Males make up 50.12% of cases, while females make up 49.88% among the state. According to New Mexico Department of Health, the age group that has the highest amounts of cases are people who are 20-29 years as shown here. Followed by those who are ages 30-39 are in second in the amount of cases at 6,866, in which both numbers stand as of October 21, 2020. Within Bernalillo County let alone, 2,053 people ages 20-29 are currently the highest in positive cases. Regardless of what age/gender you are, it is crucial for one to practice Public Health Guidelines such as wearing masks properly, physical distance from one another, partake in COVID-19 screenings, get tested etc. Want to test your COVID knowledge and win more prizes? Join us, Monday, October 26th at 5pm via zoom: https://unm.zoom.us/j/93106096001

If you do feel any type of symptoms, please self-isolate, stay at home, and call Student Health and Counseling at 277-3136.

GOING OUT WHILE STAYING IN WITH FRIENDS

by Cassandra Reed

With COVID-19 cases on the rise in New Mexico it is more important than ever to stay home when at all possible. Socialization is a high-risk activity for COVID so the more we stay at home and socialize the less we are at risk! We know being inside and socially distancing is not ideal especially with the holidays coming around the corner.

Here's some alternatives to going out while staying in with friends: Host a movie night with friends over zoom, play a virtual game with a group of friends, even a virtual wine tasting is possible!

Maybe you feel like the holidays are not being celebrated? Check out Together New Mexico’s 13th days of Halloween: www.togethernm.org/halloween. These activities may not be your norm, but we need to work together to stop the spread of COVID-19.

STAYING UP TO DATE WITH STATE GUIDELINES

by Hannah Matthews

Being in a pandemic as a student is difficult enough as it is, however, this pandemic is adding much greater stress as it prevents in person activities (social gathering, classroom teaching, etc.), restricts movements and student unemployment has gotten worse! Therefore, it is important to follow the orders and guidelines issued by the New Mexico Governor Michelle Lujan Grisham in order to effectively combat and eradicate COVID-19. Here is the link of the updated orders and regulation that will help you to keep yourself and your loved ones informed: cv.nmhealth.org

So, are you with us? Let’s start now and work as a team to protect our pack!