

# Pledge

**We the Sacred Heartians of Beas commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.**

**I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.**

**To always wear a mask / face cover, especially when in public places.**

**To maintain a minimum distance of 6 feet from others.**

**To wash my hands, frequently and thoroughly with soap and water.**

**Together we will win this fight against COVID-19.**