



In consideration of recent events due to the COVID-19 virus, the following information is designed to answer common questions in order to protect you and your family from possible infection. While vaccinations are currently being developed, there currently is not a vaccine to prevent or cure COVID-19. Currently those at greatest risk are those with weakened immune systems and the elderly. The following recommendations from the **Center of Disease Control and Preventions** are ways to lower the risk of possible infection.

- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue and immediately discard, if tissues are unavailable cough or sneeze into the inside of your elbow
- Avoid close contact with those whom are sick. Utilize social distancing to prevent exposure.
- Clean and disinfect commonly touched surfaces with a bleach solution, alcohol based cleaner, or other EPA registered household disinfectant
- Wash your hands often with soap and water for a minimum of 20 seconds, especially after using the restroom
- If soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol concentration

CDC's recommendations for using a facemask.

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [healthcare workers](#) and [people who are taking care of someone ill in close settings](#) (at home or in a health care facility).

Signs and Symptoms

- Fever
- Shortness of Breath
- Cough

Call your doctor if you develop symptoms and have been in close contact with a person known to have COVID-19 or developed symptoms after traveling to an area with widespread cases. If you feel you have a work related exposure please report that to one of our Safety professionals.

The wellbeing of our team members and their families is of the utmost importance. Everyone has a role to play in preventing the spread of COVID-19. REMEMBER, if you are sick do not come into work! Practice the preventive actions now at work and at home in effort to minimize everyone's risk.

Stay up to date with the following resources

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- OSHA: <https://www.osha.gov/SLTC/covid-19/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>