

GLOBAL HEALTH ADVISORY

LEVEL 4 - DO NOT TRAVEL

The Department of State advises U.S. citizens to **avoid all international travel** due to the global impact of COVID-19.



LEVEL 1
Exercise normal precaution



LEVEL 2
Exercise increased caution



LEVEL 3
Reconsider travel



LEVEL 4
Do not travel

For more information on the Coronavirus and the current CDC guidelines, please visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

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PLEASE REMEMBER BEFORE YOU COME TO WORK



CHECK YOUR TEMPERATURE

If your temperature is over 99.5°
stay home and contact your manager.

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the current CDC guidelines, please visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

TELL YOUR MANAGER IMMEDIATELY IF YOU:

- **HAVE A FEVER WITH A COUGH**
- **HAVE A SORE THROAT**
- **HAVE SHORTNESS OF BREATH**
- **HAVE BEEN EXPOSED TO
COVID-19**



FEVER



**COUGH/SORE
THROAT**



**SHORTNESS
OF BREATH**

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SOCIAL DISTANCING: OUTSIDE MY HOME

RESTAURANTS AND BARS

- **MOST STATES HAVE NOW DRAMATICALLY REDUCED OR SUSPENDED THE OPERATION OF BARS AND RESTAURANTS**
- **MANY ARE OFFERING PICK UP OR DELIVERY OPTIONS**

SHOPPING

- **TRY GOING TO THE GROCERY STORE DURING OFF-PEAK HOURS, WHEN IT'S LESS LIKELY TO BE CROWDED**
- **ALSO, WIPE DOWN THE HANDLES ON THE SHOPPING CART OR BASKET YOU ARE USING WHEN YOU SHOP**

GOING TO THE DOCTOR

- **IF IT'S A NONESSENTIAL VISIT TO A DOCTOR OR DENTIST, RESCHEDULE IT**

HOUSES OF WORSHIP

- **MANY PLACES OF WORSHIP ARE ADHERING TO CDC GUIDELINES AND REPLACING TRADITIONAL SERVICES WITH ONLINE OPTIONS**



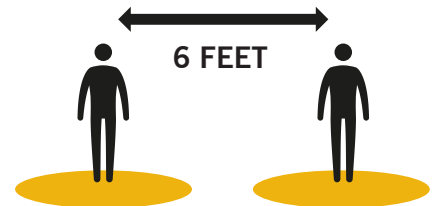
STOP.
PLEASE DO NOT
ENTER THIS
BUILDING IF YOU
COULD HAVE
CORONAVIRUS.

If you have an appointment with an
associate please contact that person directly.

WHAT IS SOCIAL DISTANCING?

Social distancing is staying away from crowds or congregations of 10 or more people with the intent of minimizing the transmission of infectious disease outbreaks. This could include but is not limited to attending concerts, sporting events, religious gatherings, going to movie theaters, or using public transportation such as buses and subways for travel.

People should maintain **six feet of distance between each other** to mitigate the spread of COVID-19.



TIPS FOR FAMILY & KIDS

- Talk to your kids about social distancing. Walk them around the house and point out fingerprints. This may help them understand that each point of contact is an opportunity for transmission.
- Encourage family and friends to create a plan for their elderly relatives, parents or grandparents to inform them about the high risk and concerns about COVID-19.
- Cancel current travel plans and trips.

SOCIAL DISTANCING

DON'TS

- Play dates for your children
- Meeting small groups for dinner or drinks
- Non-essential doctors' appointments (dental and therapies)
- Hair and nail appointments

SOCIAL DISTANCING

DO'S

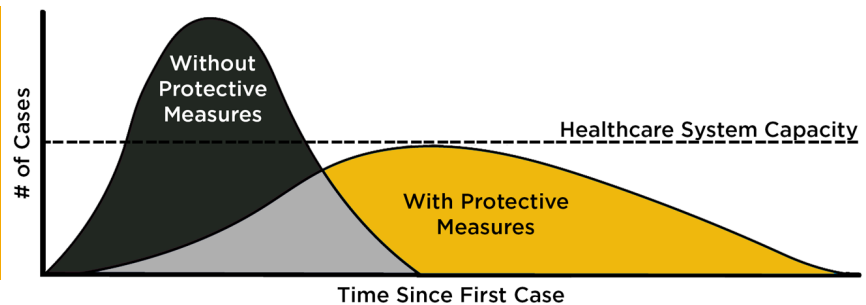
- Video call your friends and family often
- Keep a daily routine
- Participate in activities, but remotely, such as virtual workout classes, book clubs or streaming activity options for your kids
- Consider drive-thru takeout from local restaurants if your family is low on food

Source: University of Alabama at Birmingham

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MINIMIZE THE IMPACT OF COVID-19

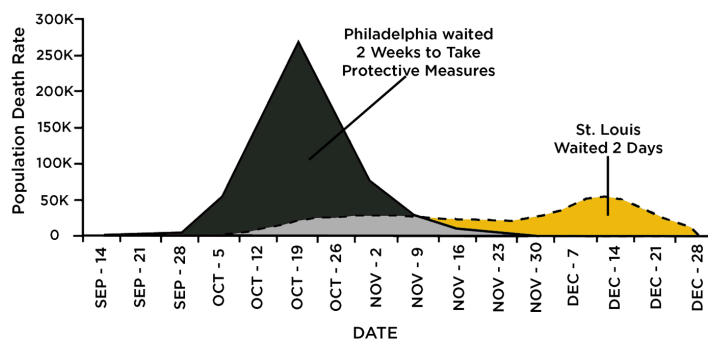
**FLATTENING
THE CURVE IS A
GOOD IDEA...**



ADAPTED FROM CDC/THE ECONOMIST

...BASED ON REAL DATA

**Excess Pneumonia & Influenza Mortality
Philadelphia vs. St. Louis, Sep-Dec 1918**



SOURCE: HATCHETT, MECHER, LIPSITCH, 2007, PNAS

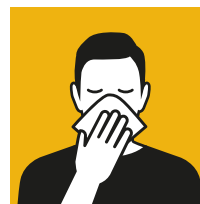
ST. LOUIS QUICKLY IMPLEMENTED COMMUNITY-BASED INTERVENTIONS LIKE:

- Closed schools, churches, theaters and dance halls
- Banned large public gatherings
- Social distancing

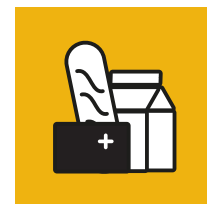
**STOP
THE
SPREAD**



Stay 6+ feet away from anyone who is not immediate family



Cover your face when you are around others



Unless you are working or purchasing essentials, stay at home

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HOW TO SAFELY WEAR A MASK

1. Before putting on a mask, clean your hands with alcohol-based hand sanitizer or soap and water.
2. Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand sanitizer or soap and water.
4. When you remove the mask make sure to take it off from the back (do not touch the front of the mask).
5. After removal, discard the mask in a closed bin and clean your hands with alcohol-based hand sanitizer or soap and water.



Please note, masks are only effective when used in combination with frequent hand-cleaning with alcohol-based hand sanitizer or soap and water.

HOW TO CONSERVE MASKS

AS STOCKS OF MASKS ARE QUICKLY BEING DEPLETED, EXTENDED USE AND REUSE OF MASKS ARE RECOMMENDED BY THE CDC.

WHAT DOES EXTENDED USE OF A MASK MEAN?

Extended use refers to the practice of wearing the same mask for prolonged periods of time. Extended use has been recommended by the CDC as an option for conserving respirators.

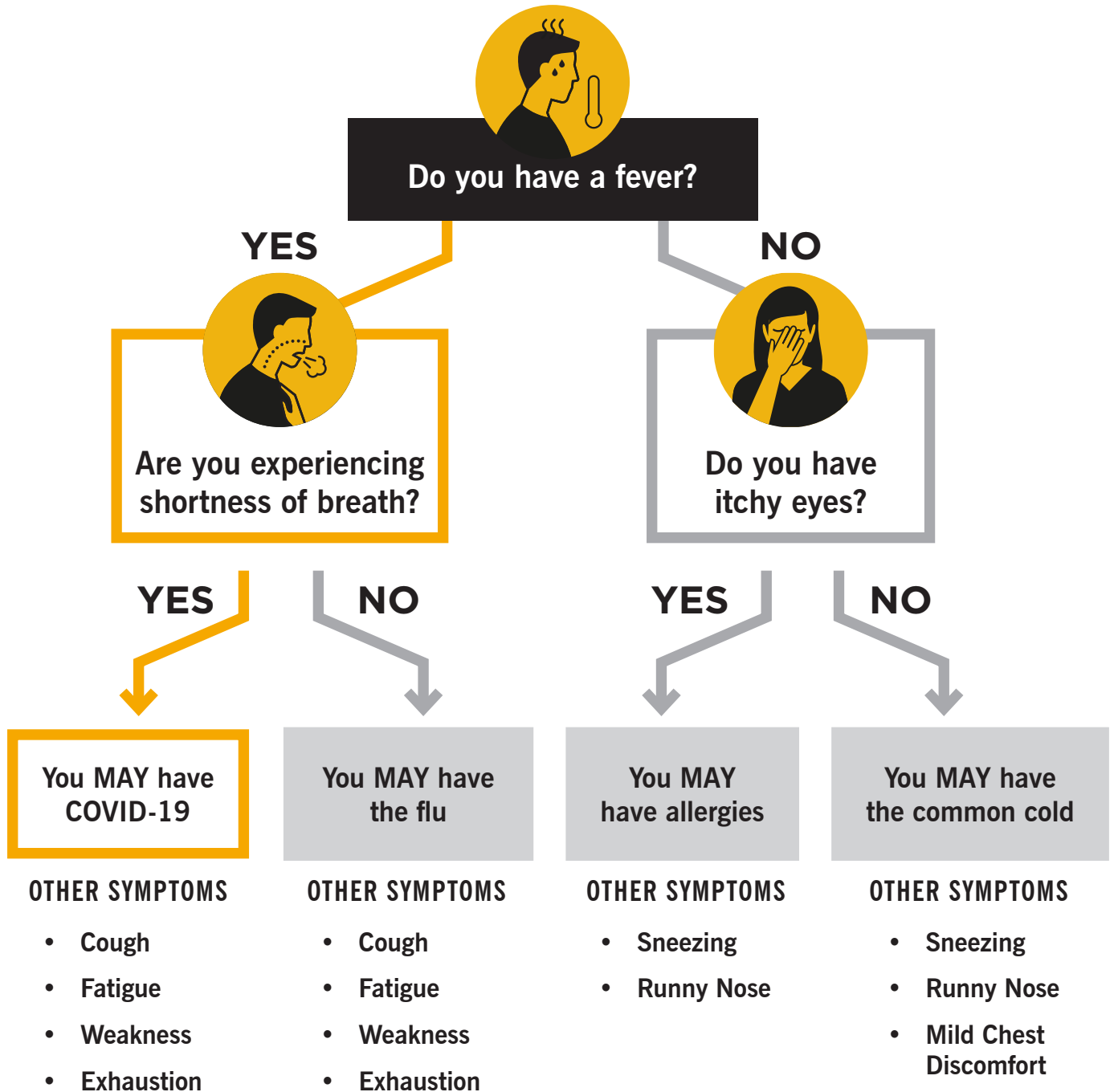
WHAT IS REUSE OF A MASK?

Reuse refers to the practice of using the same mask but removing it for periods of time (breaks, lunches, etc.). The mask is stored in a secure location until it is put on again. The user should visibly inspect the mask before use and, if there are concerns (such as degraded materials or visible tears), discard the mask.

The CDC states that a mask classified as disposable can be reused by the same associate so long as it remains functional.

Due to market shortages, alternatives to traditional masks such as bandanas, scarves, and neck gaiters may also be used. The CDC has approved the use of such items when traditional methods are limited or unavailable. Reusable alternatives should be washed daily.

FLU VS. ALLERGIES VS. COVID-19



These are common symptoms, which may vary from person to person. Only a doctor can give you a diagnosis.

Data Source: University of Alabama at Birmingham

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DO NOT MIX THESE CLEANING PRODUCTS

Bleach + Vinegar

A bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



Bleach + Ammonia

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



Bleach + Rubbing Alcohol

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



Vinegar + Hydrogen Peroxide

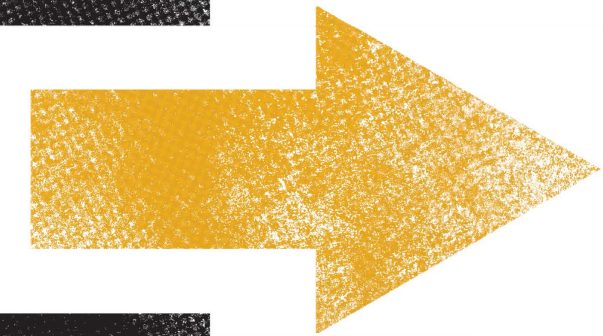
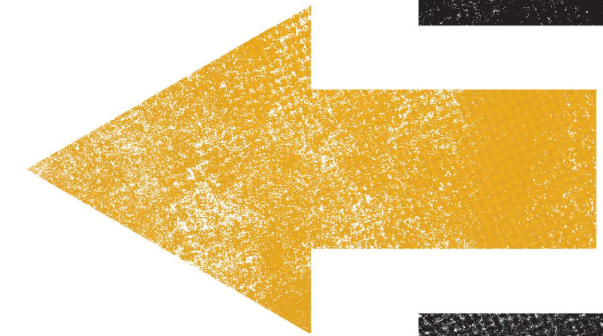
This combination makes peracetic/peroxyacetic acid, which can be highly corrosive.



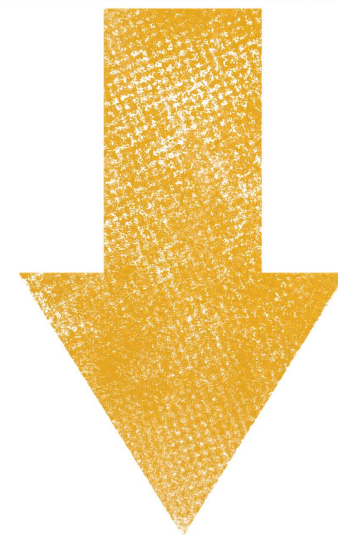


THANK YOU FOR PRACTICING

SOCIAL DISTANCING



MAINTAIN 6 FEET IN ALL DIRECTIONS





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SOCIAL DISTANCING

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