**Urgent Safety Message:**

This is a safety reminder in an effort to help decrease the current spread of COVID-19 in your work environment and communities.

## **COVID-19 Safety Precautions**

Basic precautions for everybody include:

* **Do not** go to work, or travel, if you have any COVID-19 symptoms, even if you test negative for COVID-19.

COVID-19 symptoms may include: coughing, runny nose, diarrhea, body aches, nausea, fever, chills, shortness of breath, difficulty breathing, fatigue, head ache, loss of taste or smell, sore throat, vomiting.

* Keep doors open to support ventilation, especially in large group settings.
* Keep personal protective equipment (PPE) available in common work areas, such as hand sanitizers, face masks, and disinfectants wipes.

## **Critical Elements for recovery:**

* Rest
* Fluids
* Paxlovid (if prescribed by medical personnel)
* Regular diet
* Isolation

The goal of any prevention plan is to ensure that you and your family are safe and healthy. Please follow these precautions when establishing your own prevention plan and to ensure your safety.