

HEALTH & SAFETY COVID-19



As you are well aware, the ongoing situation regarding **COVID-19 (coronavirus)** is accelerating in the US and is changing daily, hourly – even by minute. Mass gatherings are being canceled to encourage social distancing and slow the spread of the virus. People are stocking up on necessities to be prepared. Schools across the country are closing. Local, state, and the federal government are actively working on plans and measures to put in place.

I strongly encourage everyone to take reasonable precautions to ensure you and your family stay healthy as this progresses. It is important to take this matter seriously and be smart in your response. **Remember: We are Teamsters. We are strong, and we take care of one another.** Your Executive Board and Representatives are communicating with your employers to determine any necessary plans of action. If you feel that your workplace is not providing a safe and healthy work environment, please contact your Business Agent or Steward immediately. Let's make sure we have each other's backs as we move through this together.

One of the most important things you can do is to ensure that you are educated on the situation and get information from trusted sources. The Centers for Disease Control (CDC) and World Health Organization (WHO) are great resources.

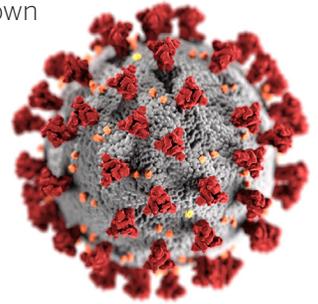
Stay tuned to Teamsters710.com and follow us on Facebook for the latest updates on this ongoing situation.

In Solidarity,

Mike Cales
Secretary-Treasurer

WHAT IS CORONAVIRUS?

Coronaviruses are a large family of viruses known to cause respiratory infections ranging from the common cold to more severe diseases. The most recently discovered coronavirus causes COVID-19 (for **CO**rona**VI**rus **D**isease discovered in 20**19**).



- ✦ The most common symptoms are **fever, tiredness, and dry cough.**
- ✦ **Some may have** aches and pains, nasal congestion, runny nose, sore throat or diarrhea.
- ✦ These symptoms are usually **mild and begin gradually.**
- ✦ Most people (about 80%) recover from the disease **without needing special treatment.**
- ✦ Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are **more likely to develop serious illness.**

HOW CAN I PROTECT MYSELF AND OTHERS?

- ✔ **Take everyday preventive actions** to stay healthy.
- ✔ **Avoid close contact** with people who are sick.
- ✔ Avoid touching your **eyes, nose, and mouth.**
- ✔ **Stay home** when you are sick.
- ✔ **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- ✔ **Clean and disinfect** frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ✔ **Wash your hands** often with soap and water for at least 20 seconds.
- ✔ **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- ✔ **Stay informed.** CDC's COVID-19 Situation Summary will be updated regularly as information becomes available.



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