



CORONAVIRUS PRECAUTIONS: PROTECT YOURSELF AND OTHERS

Local 25, in conjunction with our signatory contractors, understands the importance of spreading awareness of the Coronavirus (COVID-19) to our members and their families to prevent illness and the spreading of this virus. Information is vital to not only keep yourself, your family and your coworkers safe, but also to prevent hysteria and panic. There is absolutely no reason that draconian measures need to be taken at this point, but we each have a responsibility to act safely and follow some basic guidelines to keep everyone healthy. The danger presented to our communities is not because this virus is more dangerous than, for example, the typical flu. The danger is that it spreads very easily and because there is no vaccine at this point, the people susceptible to severe reactions (including death) to other viruses such as the flu have no way to protect themselves from COVID-19. Because of this, it is our responsibility to do what we can to prevent the spread of this virus within our families and workplaces. *Please remember that your IUOE Local 25 Medical Plan covers doctor visits, prescriptions, etc. If you are sick, there is no reason to not take advantage of your insurance and seek medical care.*

WE ARE ASKING ALL LOCAL 25 MEMBERS TO:

- **Cover your nose and mouth with a tissue or a flexed elbow when coughing or sneezing. Wash your hands (or use hand sanitizer if water and soap are not readily available) immediately after. Throw the tissue into a closed bin immediately after use.**
- **Avoid touching your eyes, nose and mouth, especially after touching surfaces in public areas.**
- **WASH YOUR HANDS AS OFTEN AS POSSIBLE (with soap and hot water for at least 20 seconds, or hand sanitizer if that is the only option) especially after coughing or sneezing, before and after touching or preparing food, after toilet use, when caring for the sick.**
- **Disinfect surfaces often (using products like Lysol, Clorox wipes, bleach, etc.)**
- **Avoid close contact, when possible, with people suffering from a fever or cough. Consider refraining from shaking hands or hugging unnecessarily.**
- **Seek medical care early if you become sick, even if you typically wouldn't based on your symptoms. If you have had close contact with someone diagnosed with COVID-19 and have a fever or cough, STAY HOME and contact your healthcare provider for further instructions.**
- **Consider the risks of traveling abroad in the near future before making plans. Risk of possible quarantines are rising for those travelling outside of the country, which could affect your return to work or home. Unnecessary travel outside of the country is being strongly discouraged by many government health agencies and employers.**