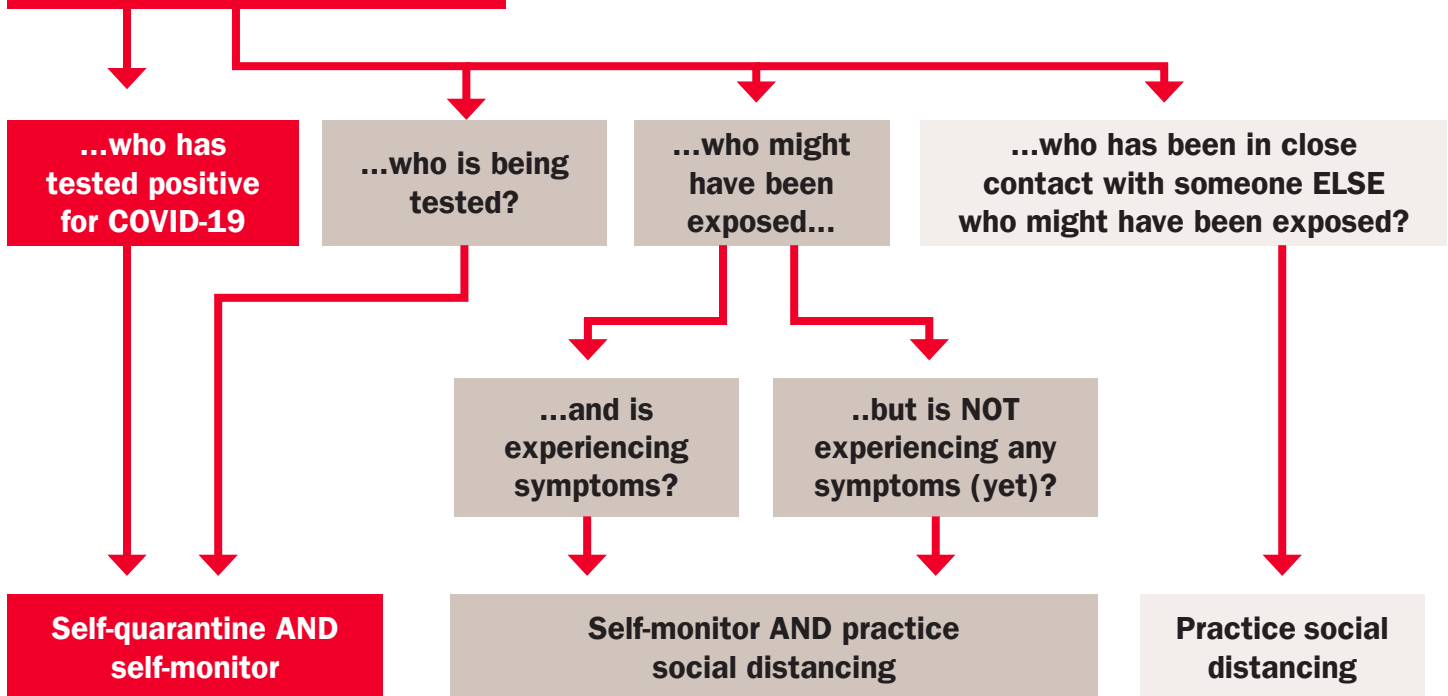


COVID-19 Pandemic

What should I do if I've been in contact with someone...

Close Contact:

- Spend prolonged period in same room
- Direct physical contact, kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze on you)



HOW DO I...

SELF-QUARANTINE

- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.

SELF-MONITOR

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4 degrees F/38 degrees C).
- Don't seek medical treatment without calling first.

PRACTICE SOCIAL DISTANCING

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequent touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

WHAT IF I HAVE SYMPTOMS? Call your health care provider.

Per Mar requires any individual returning to work, after missing work due to experiencing symptoms associated with COVID-19, to confirm:

- it has been at least 7 days since your symptoms first appeared; and
- you have been free from symptoms associated with COVID-19 without the use of fever-reducing medications (cough, sore throat, shortness of breath, and fever) for at least 72 hours.