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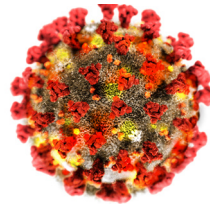
"For Safety's Sake - Do Something"

SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

Stop COVID in its TRACKS - Back to Basics

What is Coronavirus?

COVID-19 is a respiratory illness that can spread from person to person through droplets made when people carrying the virus cough, sneeze, or talk. These droplets can land in the mouths or noses of people nearby or be inhaled into their lungs. It is possible that a person can get the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. To help with understanding more about the virus, remember the acronym **TRACKS**.



Touching your eyes, nose, mouth, and masks with your hands.

Respiratory means the virus affects your respiratory tract and is spread through your mouth and nose.

Asymptomatic indicates that not everyone who has the virus will show symptoms of exposure.

Cover tells you to cover your mouth and nose with a respirator, mask, or face covering.

Keepest away indicates that you should keep at least 6-feet away from others.

Sanitize everything you are in contact with, including your hands if you cannot wash them.

How to keep it from spreading?

- Avoid touching your face by keeping your hands away from your eyes, nose, and mouth. Create good habits and remind others of the same.
- Cover your mouth and nose. Use a tissue or the bend of your elbow when you cough or sneeze.
- Monitor your health and treat any changes seriously. Monitor for all symptoms daily and if you show signs, stay home.
- Wear a mask or face covering, over your mouth and nose, at work and in public, to protect yourself and others from exposure.
- Implement social distancing. Keep at least 6-feet between yourself and others at all times. Create a distance barrier.
- Wash or sanitize hands. Regularly clean your hands with an alcohol-based hand rub or wash them with soap and water for 20 seconds to kill viruses. Increase cleaning in common areas.

It is imperative for our mental health to have a sense of community, togetherness, and emotional connections. Social distancing is intended to be defined as being social from a distance and is not intended to be defined as avoiding being social all together. Perhaps a better term for social distancing is "physical distancing".

As we continue to see the COVID situation grow across the U.S., it is time to do a reminder of ways to protect yourself from COVID exposures. Peoples thoughts about this virus are at both ends of the spectrum, but the one thing to remember is this.....if "they" are wrong, you are simply inconvenienced, but if "they" are right, you are at serious risk!
For Safety's Sake, Do Something and protect yourself.

Safety Always!!