

August 10, 2020



"For Safety's Sake - Do Something"

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

HOW TO PROTECT YOURSELF FROM COVID

As COVID-19 continues to spread throughout the country, it is important to take additional precautions to help protect yourself, family, and the local community. Even if you are considered low risk according to the CDC, it's important to be cognizant of the effects that this virus may have on individuals who are considered high risk by the CDC. Many people do not believe in the risk, use of masks, or even the virus itself but we need to follow the local, state, and federal guidelines. It is imperative that we all do our part to avoid further spreading of the virus, it is the right thing to do.

Steps to Protect Yourself and Your Family

- Wear a mask or face covering when you are away from your home.
- Avoid touching your eyes, nose, mouth and mask, with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, utilize hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Immediately wash your hands with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, copiers, phones, keyboards, toilets, faucets, and sinks.

Steps to Protect Others

- Wear a mask or face covering when you are away from your home.
- Monitor your symptoms daily and be honest about possible illnesses. Take no chances.
- Stay home if you are feeling sick or have ANY symptoms of COVID.
- Separate yourself from other people if you or someone you are caring for is ill.
- Call ahead before visiting your doctor or going to the hospital and let them know you potentially have COVID.
- Clean all "high-touch" surfaces every day with antibacterial cleaning supplies.
- Avoid sharing items.

Overall Things To Do

Wear a mask, social distance of at least 6 ft, avoid close contact with large groups. If you feel any symptoms - ISOLATE AT HOME!

Something to ponder about not wanting to wear a mask....

- If wearing a mask is proven not to help, you are only out the inconvenience of wearing it and complying.
- If wearing a mask is proven to be beneficial, you run the risk of exposing yourself, your loved ones, and others to the virus by not wearing it.

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!!