



Health Advisory

What can we ALL do to keep our space VIRUS FREE?

- Wash your hands often and up to 20 seconds, using soap and hand sanitizer.
- Schumacher will provide soap and sanitizer if readily available
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people, especially people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- If you have a persistent cough or sneezing episodes, please have this checked out by your family Doctor or Health Practitioner.
- Throw used tissues in the trash.
- Empty trash regularly.
- Be mindful to clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection. Common household disinfectants will work.

Packers & Warehouse Personnel

- Wash hands after driving any customers vehicle
- Do not shake customers hands
- Stay away from anyone you think is sick
- Use precaution when entering a customer's home.
If they have any person under "Home Quarantine", do not enter this home.
Call you warehouse manager for instructions.

What if you have flu or cold like symptoms? (breathing difficulties/cough/fever)

Step 1 - Stay at home and contact your supervisor immediately.

Step 2 - Call your family Doctor or Healthcare Professional before presenting at their office or location.

Step 3 - Your Family Doctor already has protocol in place.

They will prepare for a possible COVID-19 diagnosis.

Doctors will primarily diagnose positive or negative by taking a nasal and phlegm swab.

Step 4 - All employees must submit a doctor's clean bill of health (or negative COVID-19 result) before presenting for work.



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IMPORTANT ANNOUNCEMENT - CORONAVIRUS – COVID-19

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

Stay home if you are sick! (You must obtain a doctor's letter after 1 day off)

Anyone employee who does contract Coronavirus will be paid recovery time off in full for 14 day's

So please all play an active part helping to prevent this virus from entering our work areas.