



SUBJECT: COVID19 COMMUNICATION

DATE: March 12, 2020

FROM: Kathy Kroupa

TO: United Sub-Contractors/Partners

COVID19 PREVENTION



**Wash hands
often**



**Avoid touching
eyes, nose, or
mouth with
unwashed hands**



**Avoid contact
with sick people**



**Stay home while
you are sick; avoid
others**



**Cover mouth/
nose with a tissue
or sleeve when
coughing or
sneezing**

COVID19 PREVENTION

TRAVEL

You must wash your hands regularly and stay at least **one meter away** from people who are coughing or sneezing. While travelling, you must comply with instructions from local authorities and local restrictions on travel, movement or large gatherings.

- If you or your employees are going to travel, it is mandatory to inform United of the person's full name, contact number and country travelled to. Please contact Nodelia Paulsen
- **Nodelia Paulsen:** nodelia.paulsen@unitedservicesgroup.ca
+1 (877) 289-4299 EXT: 282

- If you or your employees have returned from an area where COVID-19 is spreading, you/they are not permitted to go to any United Serviced locations for 14 days
- If a mild cough or low-grade fever develop (i.e. a temperature of 37.3 C or more) they should stay at home and self-isolate. This means avoiding close contact (1 meter or nearer) with other people, including family members. They should also telephone their healthcare provider or the local public health department, giving them details of their recent travel and symptoms. Please contact Nodelia Paulsen of United

REMEMBER

Now is the time to prepare for COVID-19. Simple precautions and planning can make a big difference.

STAY INFORMED

Find the latest information from WHO on where COVID-19 is spreading:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Advice and guidance from WHO on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.epi-win.com/>

<https://youtu.be/1APwq1df6Mw>