

STATEMENT

The following is provided as Pine Bluff Sand and Gravel Company Team Member guidance as pertains to the basics for protection against COVID19 spread and exposure.

WHO IS AT THE HIGHEST RISK?

The highest risk individual for COVID19, Influenza Like Illness (ILI), seasonal flu, or any other respiratory illness is as follows (anyone with these complications are at the highest risk):

1. Anyone with an existing respiratory illness or disease. If you have been diagnosed with one of the following you should take all caution: Asthma, Chronic Obstructive Pulmonary Disease (COPD), Chronic Bronchitis, Emphysema, Lung Cancer, Cystic Fibrosis, Pneumonia (bacterial, viral, or fungal), Pleural Effusion.
2. Anyone who smokes.
3. Anyone with a chronic illness (cardiovascular, diabetes, etc.) is more at risk. Almost 80% of the adults hospitalized for ILI have at least one chronic condition or co-morbidity.
4. Anyone age 50 and over or the elderly. This is very simply because these folks have more chronic conditions or co-morbidities.

COVID19 SYMPTOMS?

The most common COVID19 symptoms are **coughing, fever, difficulty breathing, fatigue, chills and / body aches.**

COVID19 TIMELINE?

Research indicates that based on 181 confirmed cases, the average incubation period for COVID19 after exposure is 5 days and most cases will have symptoms between 5 and 12 days after exposure.

HOW CAN I PROTECT MYSELF?

Take these everyday preventive actions to help stop the spread of germs (including COVID19):

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer or Clorox or Lysol type wipe.
- “Protect the T” – Your eyes, nose and mouth form a “T”. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

WHAT IS CLOSE CONTACT?

Close contact is defined as:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case

– or –

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

COVID19 RESOURCES AND INFORMATION?

A safe and informative resource for COVID19 information is the **Centers for Disease Control and Prevention** website here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHAT DOES PINE BLUFF EXPECT OF TEAM MEMBERS?

1. Take the current COVID19 situation serious to protect your family and fellow team members.
2. Take care to manage what you can control according to known best practices.
3. **Let your supervisor know if:**
 - a. **You have been in close contact with someone who has COVID19.**
 - b. **You or someone in your immediate household is symptomatic.**