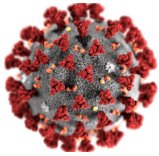


CORONAVIRUS (COVID-19)

FOR UP-TO-DATE INFORMATION YOU CAN VISIT THE CENTERS FOR DISEASE CONTROL AND PREVENTION AT [CDC.GOV](https://www.cdc.gov) AND THE MN DEPARTMENT OF HEALTH AT [MN.GOV](https://www.mn.gov).

WHAT IS COVID-19?

COVID-19 is a lower respiratory tract infection, which means that most of the symptoms are felt in the chest and lungs.



If you are exhibiting flu like symptoms such as fever, cough, or congestion:

- **DO NOT COME TO WORK**
- Contact your supervisor
- Contact your Human Resources Manager
- Consult with your medical provider or healthcare professional

WHAT ARE THE SYMPTOMS?

According to the CDC, the following symptoms are the most common:

- **Fever**
- **Cough**
- **Shortness of breath**



And may appear 2 to 14 days after exposure.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

***This list is not all inclusive**

Please consult your medical provider for any other symptoms that are severe or concerning.

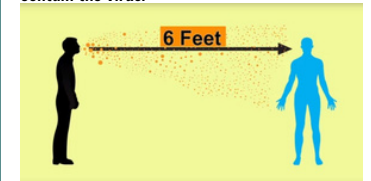
PERSONAL PROTECTIVE EQUIPMENT

In addition to current safety PPE requirements and similar protections:

- Hand sanitizer and disinfectant are available at the office as needed. and per request.
- Disposable face masks are available at the office for anyone as needed and per request.

SOCIAL DISTANCING

Recommended when possible - Social Distancing means maintaining distance from other people. Staying at least 6ft. away from other people lessens your chances of catching COVID-19. That is because when someone coughs or sneezes they spray small liquid droplets from their nose or mouth, which may contain the virus.



HOW TO PROTECT YOURSELF & OTHERS

- Get Vaccinated and stay up to date on your COVID-19 vaccines
- Wear a mask
- Stay 6 feet away from others
- Avoid poorly ventilated spaces and crowds
- Test to prevent spread to others
- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily
- Follow recommendations for quarantine.
- Follow recommendations for isolation.
- Take precautions when you travel.

HOW DOES COVID-19 SPREAD?

- The virus is thought to spread through respiratory droplets.
- Respiratory droplets may be produced through a cough, a sneeze, normal breath or conversation.
- These respiratory droplets may cause viral transmission from person to person when near one another.
- The respiratory droplets may also land on clothing or other objects.
- May transfer from working in close proximity to each other.
- Infected people may be able to spread the disease before they have symptoms or feel sick.
- A person can also spread the disease if they have no symptoms. Research has shown that around 40-50% of people infected do not develop symptoms.

TESTING & VACCINES

- Find a testing location near you - [mn.gov/covid19/get-tested/testing-locations/](https://www.mn.gov/covid19/get-tested/testing-locations/)
- Talk with your doctor and do your own research to determine if a COVID vaccine is right for you - [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CLEAN YOUR SURFACES

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleaners. Unexpired household bleach will be effective against COVID-19 when properly diluted.

Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water
- Alcohol Solutions - Ensure solution is 70% alcohol

EPA APPROVED PRODUCTS LIST TO USE AGAINST COVID-19

<https://www.americanchemistry.com/novel-coronavirus-fighting-products-list.pdf>

HAND WASHING BEST PRACTICES

Wet hands with clean, running water (warm or cold) turn off the tap and apply soap; lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails; scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice; rinse hands well under clean, running water; dry hands using a clean towel or air drying them.



QUESTIONS?

Keeping our employees, subcontractors, and customers safe is our number one priority. BR is monitoring all Covid-19 updates and adjusting our protocols accordingly to ensure everyone's safety.

Questions, comments, or concerns please contact
Jacob Zillmer - Safety Manager
612-366-1288