

Mandatory Stand-Up Talk

January 24, 2020

Staying healthy

Take steps to avoid flu, other illnesses

The Centers for Disease Control and Prevention (CDC) is providing the public with tips to prevent influenza and other contagious respiratory illnesses.

Here are some general tips:

- **Get vaccinated.** Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk, including adults 65 and older, pregnant women, young children and people living with asthma or heart disease.
- **Practice prevention.** Take actions every day to help stop the spread of germs and prevent respiratory illnesses like the flu. These actions include covering your mouth when coughing, covering your nose when sneezing, washing your hands regularly and staying home when you're sick.
- **Seek treatment.** Prescription medications called "antiviral drugs" can be used to treat the flu and similar illnesses. The CDC recommends prompt treatment for people who have flu infection or suspected flu infection and who are at high risk of serious flu complications.

Additionally, the CDC is advising the public to take steps to avoid the novel (new) coronavirus first identified in Wuhan, China. These steps including washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose and mouth with unwashed hands; avoiding close contact with people who are sick.

The CDC website has additional information and tips, at www.cdc.gov.

Thank you for listening.

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Jan. 27, 2020

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USPS NEWSBREAK

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Attached and pasted below is a mandatory stand-up talk on staying healthy.

This mandatory talk should be delivered to all employees by Friday, February 14, 2020.

Thank you for your attention to this topic.

Mandatory Stand-Up Talk

February 11, 2020

Health tips

Flu and respiratory diseases including novel (new) coronavirus

It's currently flu and respiratory disease season and the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

While the immediate risk of the new coronavirus to the American public is believed by the CDC to be low at this time, everyone can help respond in a healthy manner.

The CDC states the best way to prevent infection is to avoid being exposed, and to follow recommendations to help prevent the spread of any respiratory viruses, including the following tips.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.

- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60-percent alcohol. Always wash hands with soap and water if hands are visibly dirty.
- If you're well, follow CDC's recommendations and don't wear face masks to protect yourself from respiratory viruses, including the novel coronavirus.

These are everyday preventive measures that can help stop the spread of several viruses.

In addition, the CDC states there is likely very low risk that the virus can be spread from products or packaging shipped from China, because of poor survivability of coronaviruses on surfaces.

According to the CDC, coronaviruses are generally thought to be spread most often by respiratory droplets.

According to the CDC, there currently is no evidence to support transmission of the new coronavirus associated with imported goods; and there have not been any reported cases of the virus in the United States associated with imported goods.

For current information and more details visit the CDC website, at www.cdc.gov.

Thank you for listening.

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In addition, the CDC states there is likely very low risk that the virus can be spread from products or packaging shipped from China, because of poor survivability of coronaviruses on surfaces.

According to the CDC, coronaviruses are generally thought to be spread most often by respiratory droplets. Also according to the CDC, there currently is no evidence to support transmission of the new coronavirus associated with imported goods; and there have not been any reported cases of the virus in the United States associated with imported goods.

For current information and more details visit the CDC website, at www.cdc.gov.

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Mandatory Stand-Up Talk

Feb. 25, 2020

Staying vigilant

Flu and respiratory disease prevention tips

It's currently flu and respiratory disease season and the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

CDC recommends several steps to help prevent the spread of any respiratory viruses, including the new coronavirus, known as COVID-19 (*pronounced CO-vid 19*).

CDC states the best way to prevent infection is to avoid being exposed, and to follow these tips.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60-percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

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- Follow CDC's recommendations for using face masks. CDC does not recommend that people who are well wear face masks to protect themselves from respiratory diseases, including COVID-19.
- Face masks should be used by people who show symptoms of COVID-19 to help prevent spreading the disease to others. The use of face masks is also crucial for health workers and caregivers.

In addition, CDC states there is likely very low risk that the virus can be spread from products or packaging shipped from China, because of poor survivability of coronaviruses on surfaces.

Coronaviruses are generally thought to be spread most often by respiratory droplets, according to CDC.

Also according to CDC, there currently is no evidence to support transmission of the coronavirus associated with imported goods; and there have been no reported cases of the virus in the United States associated with imported goods.

For current information and more details visit the CDC website, at www.cdc.gov.

Thank you for listening.

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