

Updates . . .

Safety – Coronavirus (COVID-19)

Many people are concerned about the coronavirus disease 2019 abbreviated "COVID-19", and while we are still in the influenza (flu) viruses season, some may be worried that they have COVID-19 when developing flu symptoms. As of this date, Idaho has performed 27 COVID-19 tests on people exhibiting symptoms and none have come back positive, but we should take precautions to avoid getting sick from this illness.



Most people that get infected with COVID-19 will experience a mild illness and recover. Some people are at a higher risk of getting very sick from COVID-19 including older adults and those with chronic conditions like heart disease, lung cancer, and diabetes. There are everyday precautions that we all should take:

- Keep space between yourself and others.
- When going into public, stay away from others that are sick and avoid crowds as much as possible.
- Wash your hands often. Why? Washing hands often or using an alcohol-based sanitizer kills viruses that might be on your hands.
- Avoid touching eyes, nose, and mouth with your hands. Contaminated hands can transfer the virus into your body through these entry routes.
- Avoid touching high-touch surfaces in public places such as elevator buttons, door handles, hand rails, faucets, sinks, etc.

COVID-19 can stay on a surface for a few hours or even up to a few days depending on the surface, but it cannot be transmitted through products manufactured in China or other countries with COVID-19 due to traveling and changing conditions and temperatures. When in doubt, disinfect the surface in question, and wash your hands with soap and water or use an alcohol-based sanitizer.

Symptoms to watch for include fever, cough, and shortness of breath. If you feel you are developing symptoms, you should call your doctor. And as with

any sickness it is best to stay home from work to prevent passing the sickness to others.

If you want to learn more about COVID-19, great resources include the CDC as well as the World Health Organization. —Mike Fifer, Safety Director.

Retirement Seminar

Beth Roberts and Lisa Turpin, Administrators of the Adventist Retirement Plan for the North American Division, will be conducting a retirement planning seminar on **Tuesday, April 14, 2020** from 5:00 pm until 7:30 pm in the Owyhee Room.

We invite all employees who are 55 years and older to attend this informative seminar. A pizza supper will be provided for those in attendance starting at 5:00 pm. If your shift goes past 5:00 pm, please make arrangements with your supervisor.

Please RSVP to HR at ext. 2567 before noon on Monday, April 13, 2020.— Kirsten Berger, HR Director



Dateline . . .

March

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| 11 | PAYDAY |
| 16 | Chapel—Dale Galusha, Chairperson |
| 23 | Chapel—Product Dedication, Eric Petersen, Chairperson |
| 25 | PAYDAY |
| 28 | March 28 – April 3 rd United Way Children's Book Drive @ PPPA |
| 30 | Chapel—Guide Magazine, Lori Fatcher, Chairperson |



A flower does not think of competing with the flower next to it. It just blooms...