COVID-19
COMMON-SENSE GUIDELINES
Ensuring the health and wellness of Local 4 members and families is our highest priority.

In response to COVID-19, or coronavirus, we have compiled the following common-sense guidelines based on official recommendations from both the Center for Disease Control (CDC) and the Occupational Safety and Health Administration (OSHA).

Although the risk for workers in our industry remains generally "low," there are simple things we can all do to prioritize safety and wellbeing today and every day.

As such, please closely review the following information so that together, we can maintain the healthiest workplaces possible.

In addition to the following information and guidelines, please continue to stay informed by visiting the CDC and OSHA websites.

- **PRIORITIZE HAND HYGIENE**
  - Clean your hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol or wash your hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - CDC’s website for guidance on maintaining clean hands and coughing and sneezing etiquette.

- **STAY HOME WHEN SICK**
  - If you’re not feeling well or have symptoms of acute respiratory illness, it is recommended that you stay home and not come to work until you are free of fever (100.4°F [37.8°C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Please report an illness and subsequent absence from work to your contractor, as well as the Union Hall at 508-533-1433.
  - Seek medical help if you have a fever, cough, or difficulty breathing. Information on COVID-19 symptoms can be found on the CDC website.

- **BEFORE TRAVELING:**
  - Check the CDC’s Traveler’s Health Notices for the latest guidance and recommendations for each country to which you will travel. Specific travel information for travelers going to and returning from China, and information for aircrew, can be found on the CDC website.
  - Check yourself for symptoms of acute respiratory illness before starting travel and stay home if you’re sick.
  - If you become sick while traveling, promptly call a healthcare provider for advice, if needed.

**ADDITIONAL MEASURES IN RESPONSE TO CURRENTLY OCCURRING SPORADIC IMPORTATIONS OF THE COVID-19:** Members who are well, but who have a sick family member at home with COVID-19, should stay home and notify their contractor and the Union Hall.