



# COVID-19 PREVENTION

As the outbreak of Coronavirus (COVID-19) continues to evolve, please be assured that the health, safety, and well-being of associates, clients and consumers remains our number one priority at Compass Group. We are closely monitoring developments and following guidance from the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO) and other health authorities. According to the WHO, the most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.

## **The best methods of prevention according to the CDC, include:**

1. Wash your hands often with soap and water for at least 20 seconds
2. Avoid touching your eyes, nose, or mouth
3. Avoid close contact with people who are sick
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash

## **Hand Washing Best Practices**

Frequently and thoroughly washing your hands is one of the most effective ways to prevent the spread of germs from one person to another.

## **Follow these five steps every time you wash your hands:**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

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