Mandatory Stand-Up Talk

Nov. 27, 2020

COVID-19 Symptoms and you
What to watch for and when to consider seeking medical attention

The Centers for Disease Control and Prevention (CDC) and the Postal Service have consistently advised that if you feel sick, you should stay home, particularly if you are experiencing any COVID-19 symptoms.

CDC says that symptoms may range from mild to severe and appear within 2-14 days after exposure to the virus. Symptoms may include one or more of the following, although these are not all possible symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you are experiencing any of these symptoms, consider talking to your health care provider about them and getting tested for COVID-19.

CDC advises you to seek <u>immediate</u> medical attention if you have any of the following emergency warning signs for COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

As always, the best way to prevent infection is to avoid being exposed.

- Wear your face covering per USPS guidelines

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose and mouth with unwashed hands.

- Practice good respiratory etiquette. 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.

- 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.

Thank you for listening, and stay safe.

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