

Mandatory Stand-Up Talk

Oct. 16, 2014

Medical issues in the news Taking action to stay healthy

There is ongoing news about Ebola, as well as a breathing disorder attributed to a different virus (the enterovirus — *pronounced enter-oh-virus*), and the start of the annual flu season.

Employee and public safety is always a top priority for the Postal Service and we are in ongoing contact with the Centers for Disease Control (CDC), the World Health Organization (WHO), and other lead agencies to ensure we communicate the latest information.

CDC and WHO guidance regarding mail is that packages and letter mail should not pose a risk of infection because the Ebola virus is spread by direct contact, through broken skin or mucous membranes (eyes, nose, mouth), with the body fluids of an infected person who is experiencing symptoms. The CDC further confirms that Ebola is not spread through the air or by water, or in general, by food.

For more information, consult the CDC website at: www.cdc.gov, and review this poster, (*hold up poster distributed with stand-up talk*) which is available on our employee bulletin board.

Here are some everyday steps to help stay in general good health particularly as we're heading into flu season:

- **Maintain a healthy lifestyle** through rest, diet and exercise.
- **Wash your hands frequently** with soap and water for 20 seconds, or use an alcohol-based hand cleaner if soap and water are not available. Wash your hands as soon as you can after you cough, sneeze or blow your nose.

- **Avoid touching your nose, mouth and eyes**, as this can spread germs.
- **Keep frequently touched surfaces clean**, such as phones, computer keyboards and doorknobs. Avoid using co-workers' phones, desks, offices or work tools and equipment.
- **Consider getting vaccinated against the flu**, particularly if you or your family members are in groups that are more susceptible to getting the flu. High-risk groups include children, those 65 and older, pregnant women, and anyone with other underlying health conditions.
- **Take steps to not spread your illness.** If you are sick, stay home, and visit a doctor or urgent care clinic as needed.

For specific questions about your own health, consult your personal physician.

If you or family members are facing a medical challenge, remember the Employee Assistance Program (EAP) also is available. You can be put in touch with a counselor by calling 800-EAP-4-YOU, or TTY for the hearing impaired, 877-492-7341.

Thank you for listening.

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