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Staying Healthy Post Pandemic

Summer is finally here! Summertime is the season of beaches, boating, barbeques, and gatherings. The summer of 2020 will feel much different than in years past. While many traditions of the season, such as fireworks, concerts, major league baseball, and many others have been canceled, at long last, people are beginning to be able to see family and friends and enjoy the weather and longer days. Unfortunately, the COVID-19 crisis is not entirely behind us. As states have loosened restrictions, in some areas, the virus has re-emerged, causing the number of cases to rise once again. There is still not a vaccine and the virus has not been eliminated; therefore, we must move forward within the constraints of the 'new normal' to ensure the health and well-being of all.

Social distance, personal hygiene, and facial coverings are three important ways to engage with others safely. The Company has taken significant precautions over the past several months to protect the health and safety of our employees and your families. We continue to adhere to health and safety protocols specific to COVID-19 in the workplace. Staying strong and healthy is a team effort. For ourselves, our families, our colleagues, and our communities let's all commit to enjoy the summer safely.

Click the links below for COVID-19 resources:

- Cleaning Tips for your Facility and your Home
- Tips to Help Stop the Spread of Germs
- CDC Recommendations on How to Safety Wear and Take Off Facial Coverings

A reminder that company communications, policies and procedures, and resources are available on the secure COVID-19 webpage, accessed through ADP, MAST, and the Employee Link on the website. Additional tips including guidance on exposure and "close contact" are available on the MER Emergency Link page <https://www.moranenvironmental.com/EmployeeEmergencyLink/>



Tips on Disinfecting Your Facility and Home

Clean all areas used by the sick person, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.

WHEN CLEANING:

1. Wear disposable gloves and gowns.
 - » *Remove carefully to avoid contamination.*
2. Wash your hands often with soap and water for 20 seconds.
 - » *Wash immediately after removing gloves.*
 - » *Hand sanitizer: If soap and water are not available. An alcohol based*
 - » *Sanitizer that contains at least 60% alcohol may be used.*
3. Additional key times to wash hands include:
 - » *After blowing one's nose.*
 - » *After using the restroom.*
 - » *Before eating or preparing food.*
 - » *After contact with animals or pets.*
 - » *Before and after routine care for another person who needs assistance.*

PREVENTION



STOP THE SPREAD OF GERMS AT WORK



COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.

Cough or sneeze into a tissue and throw it away; use your arm or sleeve to cover if you do not have a tissue.

CLEAN YOUR HANDS OFTEN

Wash your hands with soap and water, vigorously rubbing together the front and back for 20 seconds. Or use 70% alcohol-based hand sanitizers, rubbing hands until they are dry.



CLEAN SHARED SURFACES AND EQUIPMENT

Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons, keyboards, and elevator buttons. Germs travel fast with multiple hands touching shared surfaces.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

Germs need an entry point, and the average adult touches his or her face once every three to four minutes. Keep hand sanitizer at your desk to use after meetings or before grabbing one of those bagels from the breakroom.



STAY HOME WHEN YOU ARE SICK AND SEE A HEALTH CARE PROVIDER

When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.

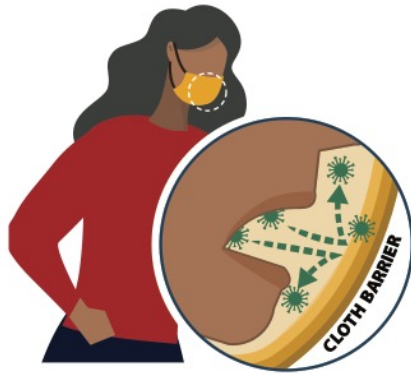
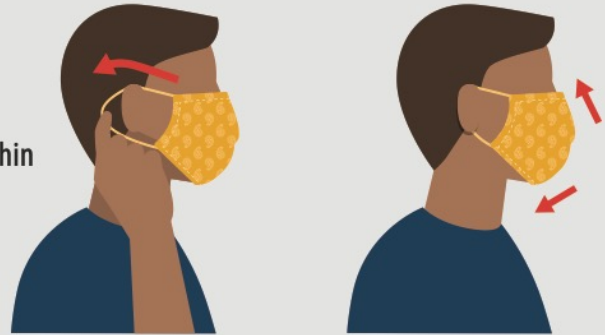


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)