

Dear New Leaf Employees,

The emergency is over, but COVID is not gone.

Covid-19 is still here and unfolding within our organization. Sometimes it may be hard, but I just want to share some information with you all to consider while in the work environment. It is safe to still have these same practices outside of work as well.



Common symptoms of COVID-19 include a sore throat, coughing, fever of any grade, and shortness of breath.

Things to consider while around others:

- *Wash your hands regularly throughout the day for at least 20 seconds at a time.*
- *Use hand sanitizers with at least 60% alcohol*
- *Avoid touching your face – especially eyes, nose, and mouth – with your hands.*
- *Cover your mouth with your elbow when you cough or sneeze.*
- *Avoid crowding around regularly to ensure regular fresh air flow.*

For our Premera covered employee please Visit the Coronavirus & Your Health Care page on [premera.com](https://www.premera.com) for information on vaccines, at-home testing, and other COVID-19-related benefits.



All employees are welcome to contact us if you have any questions or concerns, and we will be happy to assist you.