

# Mandatory Stand-Up Talk

Nov. 13, 2020

## Protecting everyone’s safety and wellness

Throughout the coronavirus pandemic — even as new “hot spots” emerge around the nation and new cases are reported — the Postal Service has continued to deliver for America. We are a lifeline for millions of people.

As new cases continue to be reported every day, to help ensure your own safety and wellness, and that of everyone around you, please remember:

- All employees are required to wear face coverings when there is a state or local order to do so.
- All employees — including those who do not deal directly with the public — are required to wear face coverings in the workplace when you cannot achieve or maintain social distancing of at least 6 feet.
- You should adhere to social distancing guidelines (6 feet) whenever possible, including while on delivery routes and at retail counters.
- Social distancing also applies to the postal workplace in plants, on docks and in lunch and break rooms.
- Practice proper hygiene by washing your hands often for a minimum of 20 seconds. When soap and water aren’t available, use a 60-percent or higher alcohol-based hand sanitizer.

The Centers for Disease Control and Prevention has additional recommendations as well:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover coughs and sneezes with a tissue, then throw the tissue in trash.
- Clean and disinfect frequently touched objects and surfaces.

You can request a face covering or surgical mask from your supervisor or bring your own personal cloth face coverings to use while on duty. Masks with one-way valves or vents are not sufficient, as they allow exhaled air and respiratory droplets to reach others.

If you cannot wear a face covering for health reasons, you should immediately contact your supervisor to discuss reasonable accommodation.

Also, consider getting a flu shot this season. Flu vaccines don't prevent the coronavirus, but they help to reduce flu-related illnesses, potential hospitalizations and missed work or school.

Taking these steps will help us all stay healthy and able to keep delivering for the nation.

Thank you for your attention.

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