

USEFUL INFORMATION ABOUT THE CORONAVIRUS (COVID-19)



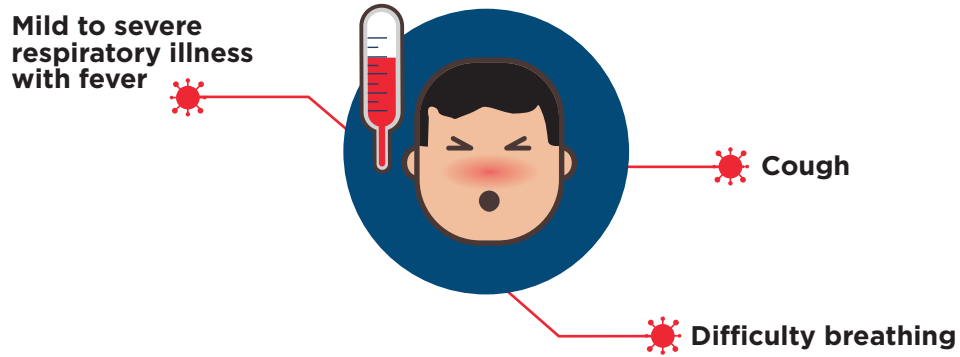
What is the Coronavirus (COVID-19)?

A novel coronavirus is a new coronavirus that has not been previously identified. The coronavirus is the virus causing coronavirus disease 2019 (COVID-19). Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

Source: Centers for Disease Control and Prevention https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386215012

What are the COVID-19 symptoms?

Current symptoms reported for patients with COVID-19 have included:



SYMPTOMS APPEAR 2 TO 14 DAYS AFTER EXPOSURE

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you feel sick:

Tell your supervisor or your human resources office.

Follow your local health authority recommendations.

Source: Centers for Disease Control and Prevention https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584389201096

How COVID-19 Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

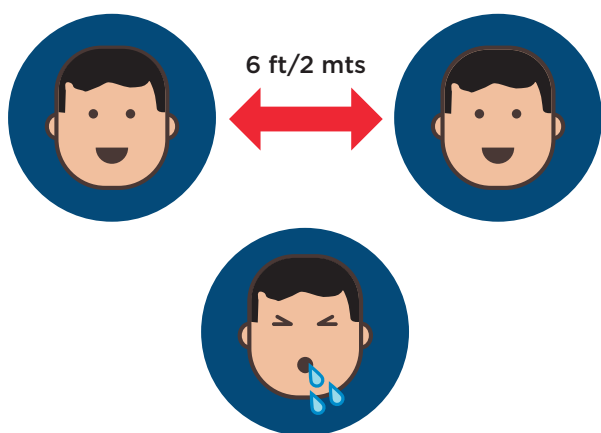
The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet/2 meters).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Source: Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>



The CDC now recommends wearing masks for all activities outside the home. Check with your State's department of health for details.



How do I Need to Wash my Hands?

The following are the 5 steps for proper hand washing:

- Step 1.** Wet your hands with water.
- Step 2.** Put on soap.
- Step 3.** Lather and scrub your hands and arms for about 20 seconds.
- Step 4.** Rinse thoroughly with water.
- Step 5.** Dry your hands completely using a clean paper towel. Some companies may require the use of hand sanitizer after washing your hands and before starting work.



How can I protect myself from COVID-19?

The best way to prevent illness is to avoid being exposed to the virus. Health authorities recommend everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Keep your distance from others (about 6 feet/2 meters)
- Do not shake hands, kiss or hug your coworkers
- Avoid crowded places
- Do not share food, drinks and personal items
- Clean surfaces frequently
- Do not share food, drinks and personal items
- Avoid sick people
- Stay home when sick
- No visitors should be allowed in the company until further notice
- Avoid face-to-face meetings, take advantage of the technology

Practice good personal hygiene habits at work:

- Elbow cover coughs & sneezes
- Wash your hands often
- AGAIN, stay home when sick
- Don't touch eyes/nose/mouth

We can all help to prevent the spread of the virus.

HELP THE MUSHROOM INDUSTRY AND YOURSELF BY DOING YOUR PART!

Source: Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Source: Food and Drug Administration <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

Source: World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>