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COVID-19 Awareness

4ES Corporation understands the concerns of our employees regarding COVID-19 (novel coronavirus). The safety, security, and well-being of our employees is of the utmost importance to 4ES Corporation. Please know that we are closely monitoring the evolving COVID-19 situation.

Here are some basic protective measures to help prevent the spread of COVID-19:

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website, the Centers for Disease Control and Prevention (CDC) website, and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

- 1. Wash your hands frequently:** Wash your hand with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Soap and warm water are best; however, when it is not available, use an alcohol-based hand sanitizer.
- 2. Maintain Social Distancing:** Maintain at least a six (6) foot distance between yourself and others while in a public space or in a room with other people. Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- 3. Avoid touching eyes, nose, and mouth:** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and can make you sick.
- 4. Practice Respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- 5. Clean and disinfect:** Clean and disinfect frequently touched surfaces often. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Most common EPA-registered household disinfectants will work. Other options include diluting household bleach and alcohol solutions.
- 6. If you have fever, cough, and/or difficulty breathing stay home or seek medical care:** Stay home if you feel unwell. If you have a fever, cough, and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to direct you to the right health facility.



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- 7. Stay Informed and follow advice given by your healthcare provider:** National and local authorities will have the most up to date information on COVID-19. They are the best place to advise on what people in your area are doing to protect themselves.

4ES Corporation is aware the COVID-19 situation may be overwhelming and bring fear and anxiety to many individuals. Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety contact your healthcare provider or call Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990.

For individual questions or concerns, please feel free to contact our corporate office. Thank you for being part of the 4ES Corporation family. We appreciate your cooperation during this time.