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CORONAVIRUS PREPAREDNESS

Carol Harris Staffing Human Relations, Safety and Management is following the guidelines as set forth by the CDC (Center for Disease Control) regarding coronavirus disease 2019. Please review the recommended strategies.

Below is an excerpt from the CDC website and more specific information can be found at their website www.cdc.gov. In addition, this information will be posted on the Carol Harris Staffing website. Carol Harris Staffing will continue to follow the CDC recommendations as they are updated.

THE CDC outlines the [authorized vaccines and boosters](#) currently available to prevent the spread of COVID-19. As a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Maintain a minimum of 6 feet of social distancing if indoors in public, when possible.
- CDC highly recommends wearing a facemask in areas where the COVID-19 Community Level is high, regardless of vaccination status.
- Avoid close contact with people who are sick.
- Stay home if you are experiencing any of the following: fever, cough, shortness of breath, or other [symptoms](#) of COVID-19.
 - If exhibiting symptoms, test to prevent the spread to others.
 - Follow CDC recommendations for quarantine and isolation if you come into close contact with someone who has tested positive or you test positive for COVID-19.
- Avoid poorly ventilated spaces and crowds. If indoors, bring in fresh air by opening windows and doors, if possible.
- Wash your hands often 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.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For information about handwashing, see [CDC's Handwashing](#) website

For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)

These are everyday habits that can help prevent the spread of several viruses.

Thank you and please contact our Safety and Compliance Coordinator at 412-856-3666 with further questions or comments.

Sincerely,

Carol Harris Staffing

2703 Mossdale Boulevard • Monroeville, PA 15146 • (412) 856-3666 • Fax: (412) 856-6019
708 Stevenson Boulevard • New Kensington, PA 15068 • (724) 335-6661 • Fax: (724) 335-3698
501 Burton Avenue • Youngwood, PA 15697 • (724) 925-6106 • Fax: (724) 925-6269
E-MAIL: email@chstaffing.com • WEBSITE: www.chstaffing.com