

## Health & Wellness Update

Valued Employees,

As we are in the midst of cold and flu season, proper precautions and health and safety measures should be recognized and followed to aid in protecting yourselves, your family as well as our South Plainfield community. Considering this, and heightened sensitivity of the Coronavirus, aids and countermeasures are listed below to assist in awareness and illness prevention.

### Health and Safety Precautions

Recommended everyday actions to help prevent the spread of respiratory viruses include:

- 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.
- Avoid close contact with people who are sick.
- Stay at home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Recommended websites are as follows:

- <https://www.cdc.gov/>
- <https://www.who.int/>
- <https://www.nj.gov/health/guide/concerns/>

### Facilities

The Borough has contracted with a new cleaning company that will start on Monday, March 2<sup>nd</sup>. The Borough is working to ensure proper stock and replenishment of soap, towels, and sanitizers. In addition, signage is being updated and posted in each office to serve as reminders of these fundamental measures that should be observed and followed by all of us. If there is a need for additional sanitizers in any one department or if there are any concerns regarding the facilities, please do not hesitate in contacting your Department Head.

Sincerely,  
Mayor Anesh

Sincerely,  
Christine Faustini, Council President