

STONE CREEK COFFEE

SEASONAL HEALTH AND SAFETY GUIDE

09_23

Hey there, Coffee Geeks!

As colder weather approaches, we enter into the cold & flu season amid the ongoing transmission of COVID-19 and other illnesses.

We Create Remarkable Care through our actions and choices. At SCC, we know that caring for ourselves helps Take Care of Our Coworkers too! Read on for a few reminders, notes and tools to help us reduce the risk of illness and stay safe and healthy this winter.

REFRESHER ON ILLNESS PRECAUTIONS & PROTOCOLS

- First and foremost, if you are experiencing symptoms of illness of any kind, stay home, do not report to work, and notify your Team Leader immediately.
- Common illnesses which increase in population frequency during cold weather include
 - [Cold](#)
 - [Flu](#)
 - [COVID-19](#)
 - [RSV](#)
- Wash your hands thoroughly and frequently. Use hand sanitizer when hand washing is unavailable.
- Symptoms of COVID-19 are similar to those of a cold or flu, and present differently in different individuals. If you are experiencing symptoms, notify your Team Leader and stay home. If you have COVID symptoms, take a COVID-19 test at home or locally. If your results return positive, email teams@stonecreekcoffee.com.
- If you have been exposed to someone who has COVID-19, you should:
 - Monitor your health carefully for any symptoms of illness
 - Wear a mask for 10 days following exposure (exposure date is Day 0)
 - Take a COVID test on Day 5 following exposure (exposure date is Day 0)
 - Notify your team leader immediately if you are feeling unwell and stay home.
- Notify teams@stonecreekcoffee.com of any positive test results.
- Request available Sick Time for any shifts you miss due to illness.
- **[If you test positive for COVID-19](#)**, you should:
 - Stay home and do not report to work for 5 days.
 - Notify your Team Leader and email teams@stonecreekcoffee.com right away. Teams & People will work with you and your Team Leader to navigate CDC-recommended next steps, including your return-to-work timeline.
 - Wear a mask for 10 days following your symptom onset date or date of received positive test results, whichever presented first (symptom onset is Day 0).
 - Seek guidance from a medical provider if your symptoms worsen or do not improve.



PROTECT YOURSELF & OTHERS FROM COVID-19 & THE FLU

[Vaccinations](#) help prevent severe illness and hospitalization. These are tools to help protect individuals, those they care for, and our broader community. The CDC and SCC strongly encourage individuals who are able to get vaccinated to take this effective & preventive measure.

If you have not yet received a COVID-19 vaccine/booster and/or your 2023 seasonal flu vaccine and are able, you are strongly encouraged to do so.

Many providers & pharmacy options are available within our communities to help each of us obtain a free or low-cost Covid & flu shots, with or without insurance. Once you have found a provider or pharmacy near you, it's a good idea to schedule your appointment in advance if possible, either online or by phone.

FREE COVID TESTS: Beginning September 25, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home. **USE THIS LINK to sign up for 4 free COVID tests:** <https://www.covid.gov/tests>

USE THIS LINK TO FIND TESTS/TESTING SITES NEAR YOU: <https://testinglocator.cdc.gov/>

USE THIS LINK TO FIND A VACCINE NEAR YOU: <https://www.vaccines.gov/>

Keep caring well for yourself and those around you. As always, reach out to Teams & People if you have any questions, or need help navigating any situation pertaining to your health and safety at work.

Thank you, team. Have a safe and healthy season!

