



As companies begin to reopen, Workers United and your affiliates want you to know the strategies to stay safe and healthy



What will be your new normal?

As each state, county, city and town starts to reopen, we all need to remember that it will not be business as usual.

You may have heard the phrase “New Normal.”

But what does that mean?

It means that we are learning from the lessons of the past few months, and your union, employers, and public officials are putting together rules and guidelines to keep you safe and healthy, and to protect against exposure to the Coronavirus.

It also means that with no vaccine available yet, each of us has a responsibility to protect ourselves, our families, our co-workers and the people around us from contracting the virus, or transmitting it.

We need to think of this new normal together, as a community, to prevent the spread of the virus.

You have a right to working in a safe workplace. Your Workers United leaders are working with your employers to make sure that happens. If you have questions or concerns about the safety of your workplace, please contact your steward or your Business Agent.

In the meantime, we’d like for you to start thinking about how YOU should protect yourself from the minute you step out of the house for the day, to the time you return home from work.

Here are some things to consider:

The virus is believed to be spread in two ways:

- Between people who are in close contact with one another (within 6 feet)
- Through respiratory droplets when someone who has the virus coughs or sneezes or talks. These droplets can be transmitted or land in the mouths and noses of people nearby, and infect them.

So imagine every person you walk past or interact with has the Coronavirus. How would you behave?

- Keep your distance from others. Doctors and health experts suggest keeping at least 6 feet apart. Do not hug anyone, shake their hands or do fist bumps.
- Wear a mask at all times when you are outside your house. Masks can protect you, but more importantly, wearing a mask protects the people around you if you have the virus and show no symptoms. If you need to remove your mask temporarily, put it in your pocket, not on any surface which might have the virus.
- Wash your hands often, not just at the beginning and the end of each shift. Wash your hands before and after you take a break. Wash your hands each time you touch a surface that many other workers are touching. Studies have shown that the more frequently you wash your hands, the lesser your chance of infection.
- If you take public transportation to work, try not to board a crowded bus; if you need to hold on to a rail, bring hand sanitizer so you can sanitize your hands as soon as you get off the bus.
- Do not touch your face after you have touched a surface. There is not enough scientific information that guides us on how long the virus stays on surfaces, so for now, act as though every surface has the virus and protect yourself accordingly.
- If you open a door to get into work, or to use a bathroom, keep in mind the handle has been touched by many people. Wash your hands or use hand sanitizer after.
- Do not share anything with anyone – not food, not equipment, or even cloths to clean your workspace.
- At work, you can expect your employer will take your temperature before you enter the building. If you show any symptoms, you will be sent home.
- Every time you get home, immediately take a shower, wash your hair, and wash the clothes you just wore.
- If you are notified that you have been in contact with someone who has the virus, stay at home, and quarantine yourself from the rest of your family. Do not go to work until you speak with your healthcare professional who will assess your symptoms. Return to work only after you have been cleared by your healthcare professional to do so.

Scientists and doctors are still learning about this virus. So it is important to practice caution until a vaccine is found that protects us all.

Be proactive in protecting yourself, your family and your community. If you feel sick with Coronavirus type symptoms, don't go into work. Contact your healthcare professional to get advice.

