



NATIONAL ASSOCIATION OF POSTAL SUPERVISORS

National Headquarters
1727 KING STREET, SUITE 400
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NAPS COVID-19 Weekly Communication

April 25- May 3, 2020

As of Friday, May 1, 2020, overall, the Postal Service has had a total of 1,917 confirmed COVID-19 cases. Currently, nationwide, there are 693 presumed COVID-19 cases. There are 6,763 postal employees in quarantine, while 11,595 postal employees have returned to work.

Due to the current status of the COVID 19 pandemic and its uncertainty over the next few months, on May 3, 2020 the NAPS Executive Board, in the best interest of the Association and to protect the safety and health of NAPS members, approved the postponement of the 2020 NAPS National Convention in Grapevine TX to August 2021.

Daily dialogue with USPS HQ continues. NAPS resident officers, along with the Executive Board, continue to participate in USPS Area and District COVID-19 teleconferences. Additionally, NAPS forwards COVID-19 related USPS stand-up talks to the executive board to keep members informed.

USPS is receiving several Requests-For-Information (RFIs) requesting copies of all COVID-19 material (SUTs, FAQs, etc.) that has been sent out by the Postal Service. COVID-19 related issued material/information by the Postal Service at the National Level and filtered down to the Areas and Districts is on the website listed below. This website may not be available to NAPS retirees, but are encouraged to click the link to try an access.

<https://liteblue.usps.gov/lite-blue/covid19/welcome.htm>

As a reminder, on April 21 the USPS issued a stand-up talk that cloth face coverings or masks are mandatory in support of local or state face covering directives or orders. In addition, face coverings and masks are mandatory in all facilities where social distancing cannot be maintained. NAPS supports this mandate, not only for employees in the workplace, but encourages everyone to wear some type of face covering or mask while in public places.

On Wednesday, April 29 NAPS resident officers had a teleconference meeting with USPS HQ regarding ongoing discussion related to the USPS/NAPS Pay Study Group. Discussion included National Performance Assessment (NPA) and Pay-for-Performance (PFP), including the effects of COVID-19 on NPA performance.



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As a financial side update, we reported that it had been a challenging time for NAPS as it has been for you. Just as you have may have seen a decline in your retirement and investment accounts, NAPS has as well. Yet we have seen a decline on our investment portfolio over the past several months, March of 2020 was one of the worst fund performances reflecting deep slides in the stock market. However, April 2020 was the best stock market performances in terms of gains in 33 years. Thus, NAPS HQ was able to reap a 5.8% increase in fund balance for April. As we have said before, we are built for this uncertainty, and as always, we are confident the economy and the markets will return to strength once we pass this crisis.

Even during this pandemic, members are encouraged to reach out to their respective regional or area vice presidents for support, information and inquiries, not just related to the pandemic, but issues involving the USPS or your respective NAPS branch.

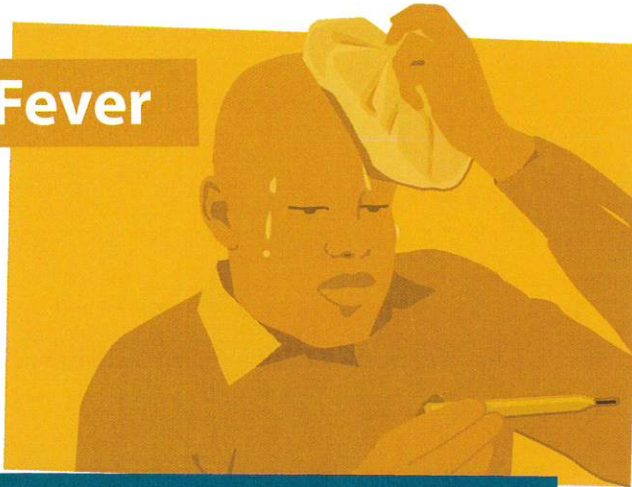
To our NAPS family, we will get through this pandemic together, stronger than ever. Keep safe. Be vigilant. Have faith and God Bless!

NAPS Headquarters

Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

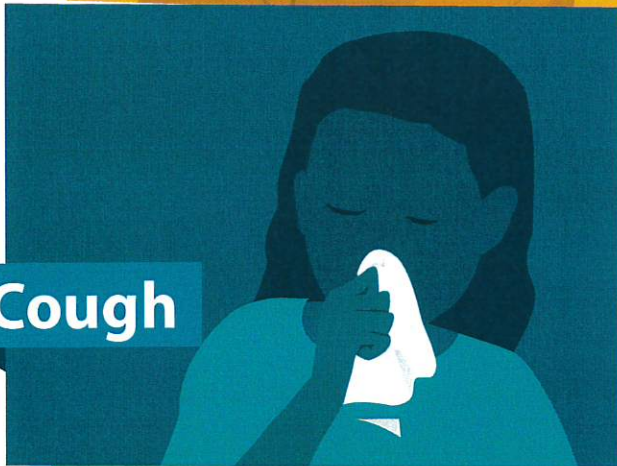
Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

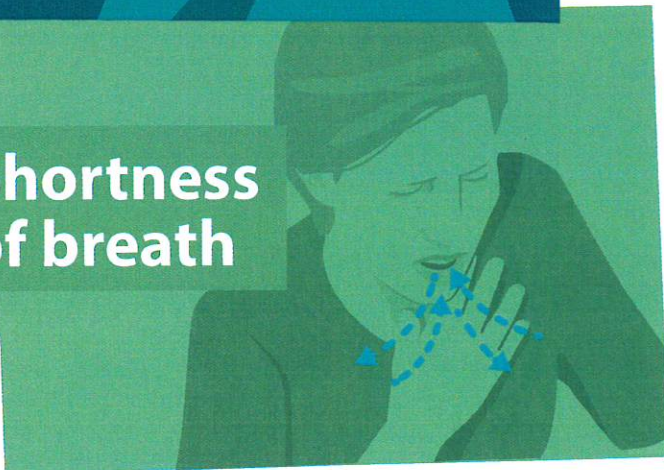
Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

Shortness of breath



This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Mandatory Stand-Up Talk

May 1, 2020

Updates from CDC

New information on COVID-19 symptoms and transmission

The Centers for Disease Control and Prevention (CDC) has updated its guidance regarding Coronavirus Disease 2019 (COVID-19) symptoms.

It is important to note that no two people are the same when it comes to COVID-19 symptoms. According to CDC, infected individuals have reported a wide range of symptoms, ranging from mild symptoms to severe illnesses. Some infected individuals have not had any symptoms.

CDC says that COVID-19 symptoms may appear within 2-14 days after exposure to the virus and the symptoms may include one or more of the following:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

CDC advises you to seek medical attention immediately if you have any of the following emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to awaken
- Bluish lips or face

(continued on next page)

This list is not all inclusive. CDC recommends that you consult with your medical provider for any other symptoms that are severe or concerning to you.

In addition, CDC has updated its frequently asked questions (FAQs) regarding coronavirus and the mail. These FAQs can be accessed at [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

CDC states there is still a lot that is unknown about how COVID-19 and how the virus spreads. Coronaviruses are thought to be spread most often by respiratory droplets. Although the virus can survive for a short period of time on some surfaces, both CDC and the United States Surgeon General have indicated that it is unlikely to be spread from domestic or international mail, products or packaging.

It may be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose or eyes. However, this is not thought to be the main way the virus spreads.

CDC reminds us the best way to prevent infection is to avoid being exposed.

- Avoid close contact with people who are sick.
- 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.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60-percent alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Stay home if you are sick.

For current information and more details, visit [coronavirus.gov](https://www.coronavirus.gov).

Thank you for listening.

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