



February 13, 2020

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NAPS HEADQUARTERS

Mr. Brian J. Wagner  
President  
National Association of Postal Supervisors  
1727 King Street, Suite 400  
Alexandria, VA 22314-2753

Dear Brian:

As a matter of general interest the Postal Service has disseminated a mandatory stand-up talk and a *USPSNEWSBREAK* article concerning health tips to help stop the spread of germs during the flu and respiratory disease season. Information relating to the new coronavirus is also included in these communications.

We have enclosed a copy of the subject stand-up talk and *USPSNEWSBREAK* article.

Please contact Bruce Nicholson at extension 7773 if you have any questions concerning this matter.

Sincerely,

A handwritten signature in blue ink, appearing to read "David E. Mills", written over a circular stamp or mark.

David E. Mills  
A/Manager  
Labor Relations Policies and Programs

Enclosures

# **Mandatory Stand-Up Talk**

**February 11, 2020**

## **Health tips**

### **Flu and respiratory diseases including novel (new) coronavirus**

It's currently flu and respiratory disease season and the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

While the immediate risk of the new coronavirus to the American public is believed by the CDC to be low at this time, everyone can help respond in a healthy manner.

The CDC states the best way to prevent infection is to avoid being exposed, and to follow recommendations to help prevent the spread of any respiratory viruses, including the following tips.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay 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.
- 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 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.

- If you're well, follow CDC's recommendations and don't wear face masks to protect yourself from respiratory viruses, including the novel coronavirus.

These are everyday preventive measures that can help stop the spread of several viruses.

In addition, the CDC states there is likely very low risk that the virus can be spread from products or packaging shipped from China, because of poor survivability of coronaviruses on surfaces.

According to the CDC, coronaviruses are generally thought to be spread most often by respiratory droplets.

According to the CDC, there currently is no evidence to support transmission of the new coronavirus associated with imported goods; and there have not been any reported cases of the virus in the United States associated with imported goods.

For current information and more details visit the CDC website, at [www.cdc.gov](http://www.cdc.gov).

Thank you for listening.

# # #

***Feb. 11, 2020***

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According to the CDC, coronaviruses are generally thought to be spread most often by respiratory droplets. Also according to the CDC, there currently is no evidence to support transmission of the new coronavirus associated with imported goods; and there have not been any reported cases of the virus in the United States associated with imported goods.

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