



MIDWEST MOTOR EXPRESS

SAFETY IN ACTION

NEWSLETTER

October 1, 2022

For the last couple of years, we have all lived with the impact of COVID-19 and the variants that have followed. The good news is that we are in what appears to be a post-pandemic status, and many things can now return to normal. Some guidance will remain a best practice, but many steps we have taken will end. This *Safety in Action Newsletter* will help you identify what steps to take moving forward.

What is returning to normal?

- Face Coverings will no longer be required, with a few exceptions.
 - Customer required when at their locations
 - In the event of direct contact or a recent positive test
 - i. Guidance regarding when you can stop wearing a face covering due to this requirement can be found on the CDC website or by requesting an update from Safety or HR.
 - Face coverings can remain a personal preference for individual mitigation
- Visitor restrictions will be lifted
- Normal use of breakrooms and meeting rooms
- Return to normal office configurations

What recommendations will remain in place?

- Stay home. Anyone with a respiratory illness with a fever should stay home until fever-free (less than 100.4) and symptom-free for 24 hours.
- Should your symptoms worsen, seek medical attention immediately, do not delay.
- Wash your hands with soap and water. Intermittent use of alcohol-based hand sanitizers has proven to be an alternative, but washing with soap and water is recommended and more effective in preventing the spread of a virus (Even helps reduce the impact of Flu Season).
- Cover your nose and mouth with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available).
- **Get one of the Vaccines and Boosters (when possible).** They have proven to be effective in preventing the impact of COVID-19.

We appreciate the commitment and focus on safety. The efforts from each of you have helped to ensure that we could work through this safely and effectively.