



A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

August 7, 2020

Tweets from Parents:

“Dear diary: It’s been at least 3 minutes since my last snack I am not faring well.”

“Great news I got a 100 on my son's geometry test.”

I just thought: “time to change from my day pajamas to my night pajamas.”

“Filled the kids Easter baskets with candy cigarettes and lawn darts because nothing matters anymore.”

9-year-old: Is today Monday?

Me: What do you think?

9: You don't know either, do you?

“Turns out you can tweet from the fetal position while crying.”

COVID-19 AWARENESS EDITION

This issue is dedicated almost entirely to the topic of COVID-19. I’m sure everyone is all but exhausted from this subject, but we want to be sure that we don’t become complacent.

Your safety, the safety of your team, your other co-workers, our customers, and your family all depend on how good a job we do in practicing safe behaviors during this pandemic.

We appreciate your patience and understanding while we work to ensure that everyone stays safe both at home and at work.



Face Covering Do's and Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



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

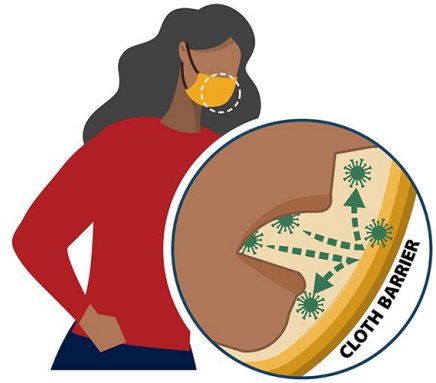
CDC Mask Recommendations

- CDC recommends that people wear masks in public settings and when around people who don't live in your household, especially when other **social distancing measures** are difficult to maintain.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.
- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.

Evidence for Effectiveness

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with [emerging evidence](#) from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about

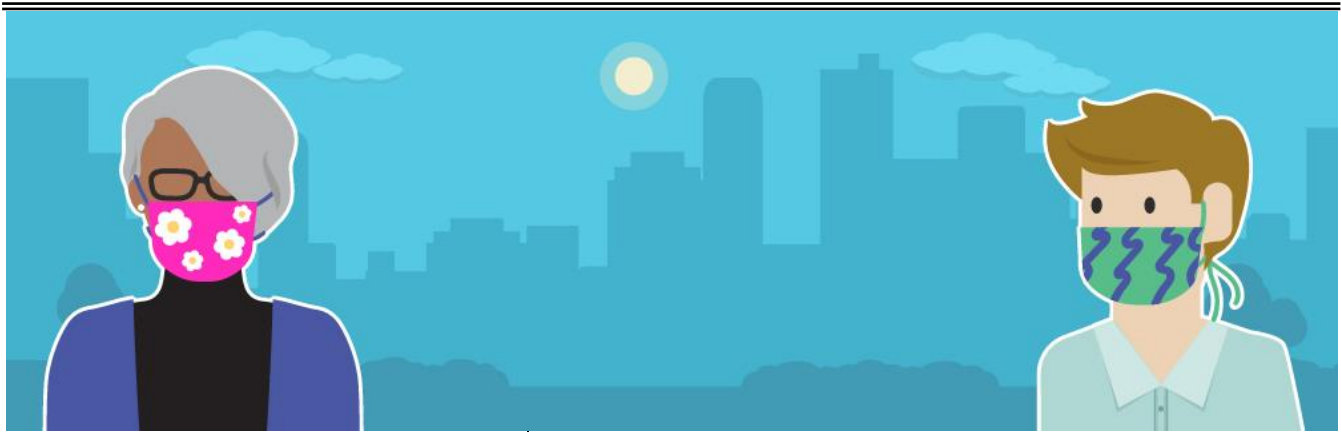
6 feet), so the use of masks is important in settings where people are close to each other or where **social distancing** is difficult to maintain



Who Should Wear A Mask?

- CDC recommends all people 2 years of age and older wear a mask in public settings and when around people who don't live in your household, especially when other **social distancing measures** are difficult to maintain.
- COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to masks in public settings and practice **social distancing** (staying at least 6 feet away from other people).





Considerations for SONOCO team members:

Cleaning and Disinfection

- Clean and Disinfect frequently touched surfaces (e.g., door handles, work stations, sink handles, bathroom stalls) at least daily, or as much as possible and as required by food safety requirements. Clean shared objects (tables, counters, condiment holders) between each use.
- Use products like Sani-Tyze on contact surfaces. Allow the disinfectant to remain on the surface for the contact time recommended by the manufacturer.
- Wash, rinse, and sanitize food contact surfaces with an EPA-approved food contact surface sanitizer (such as Sani-Tyze or bleach solution). If a food-contact surface must be disinfected for a

specific reason, such as a blood or bodily fluid cleanup or deep clean in the event of likely contamination with SARS-CoV-2, use the following procedure: wash, rinse, disinfectant according to the label instructions for the disinfectant, rinse, then sanitize with a food-contact surface sanitizer.

- Ensure that cleaning or disinfecting product residues are not left on table surfaces. Residues could cause allergic reactions or cause someone to ingest the chemicals.
- Develop a schedule for increased, routine cleaning and disinfection.
- Ensure [safe and correct use](#) and storage of disinfectants to avoid food contamination and harm to employees and other individuals. This includes storing products securely away from food.
- Use gloves when removing garbage bags or handling and disposing of trash. [Wash hands](#) after removing gloves.

Shared Objects

- Discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- Limit any sharing of food, tools, equipment, or supplies by staff members.
- Ensure adequate supplies to minimize sharing of high-touch materials (e.g., serving spoons) to

the extent possible; otherwise, limit use of supplies and equipment by one group of workers at a time and clean and disinfect between use.

- Avoid using or sharing items that are reusable such as condiments and other food containers. Instead, use single serving condiments, and no-touch trash cans and doors.
- Use disposable food service items (e.g., utensils, dishes, napkins, tablecloths). If disposable items are not feasible or desirable, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot water, or in a dishwasher. Change and launder linen items (e.g., napkins and tablecloths) after each customer or party's use.
- Employees must **wash their hands** after removing their gloves or after handling used food service items.
- Serve guests at the serving line. Staff should be wearing masks and gloves when sharing space with guests and social distancing cannot be achieved (for example, at a steamtable).



Staggered or Rotated Shifts and Sittings

- Rotate or stagger shifts to limit the number of employees in the dining area at the same time.
- Stagger and limit dining times to minimize the number of customers in the dining room.
- When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining distance of approximately 6 feet) between employees and others.

Recognize Signs and Symptoms

- Conduct daily health checks (e.g., temperature screening and/or or [symptom checking](#)) of staff safely and respectfully.
- Encourage self-reporting. Remember everyone, there are **no negative consequences** to reporting if you are sick. We APPRECIATE your honest reporting if you are sick, think you might be, or if you have been in contact with anyone who has been exposed to COVID-19.

Symptoms of Coronavirus

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash





Use Sani-Tyze on food contact surfaces:

- Countertops
- Steamtables
- Cooking utensils
- Foodservice equipment including airpots, fountain machines, toasters and more
- Salad bars
- Use according to directions

Boudreaux and the Moose Hunt

Boudreaux and Thibodeaux get a pilot to fly them to Canada to hunt moose. They bag six of them. As the two Cajuns start loading the plane for the return trip, the pilot says, "The plane can only take four of those."

The two Cajuns object strongly. "Last year we shot six and the pilot let us put them all on board; he had the same plane as yours!"

Reluctantly, the pilot gives in and all six are loaded. However, even with full power, the little plane can't handle the load and down it goes and crashes in the middle of nowhere.

A few moments later, climbing out of the wreckage, Boudreaux asks Thibodeaux, "Any idea where we are?"

"I think we're pretty close to where we crashed last year," says Thibodeaux.

At Home during COVID...



FowlLanguageComics.com ©Brian Gordon