



1-866-WE FLOOR

Sentinel Polymers Employee Awareness Information

Now and always during cold and flu season, stay home if you are sick. Encourage those you know who are sick to stay home until they no longer have symptoms such as Fever, cough, runny nose, sore throat or trouble breathing.

Since respiratory viruses, such as the one that causes COVID-19, are spread through contact, change how you greet one another, try to keep a distance between of 1 meter or more between each other.

And while it may seem basic, many adults don't practice correct coughing and sneezing etiquette (cover your mouth and nose entirely with a tissue or your upper sleeve) and wash your hands properly for at least 20 seconds.

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease. We are currently investigating if the virus can be transmitted to others if someone is not showing symptoms. While experts believe that it is possible, it is considered to be rare.

Symptoms have included:

- fever
- cough
- difficulty breathing
- pneumonia in both lungs

In severe cases, infection can lead to death

Please remember to always practice safe and cautious methods to try to prevent the spread or contraction of this and any other virus.