

# At Hudson, we are... *Essential to care*

To help combat the current COVID pandemic, our team has implemented several changes to ensure our associates maintain a safe working environment!

## Workstation Sanitation

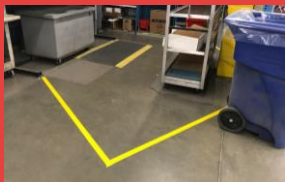
Additional cleaning supplies have been placed around the facility with routine cleaning schedules for each workstation.



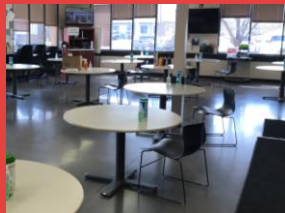
An outside service (OSO) is being utilized to assist in cleaning the common areas of the facility.

## Stay Back! I'm social distancing.

Barrier lines taped around workstations and offices



Extra chairs removed from breakroom (1 table=1 person)



## Daily Temp Monitoring

Any associate(s) demonstrating symptoms are sent home to rest with a robust sick time policy related to Covid-19. Face masks are mandatory for anyone within the facility.



## Skype Meetings

All meetings have been converted to Skype calls or Zoom presentations. All face-to-face events been postponed, and visitor access has been restricted to essential frontline associates only.



## Food/Snacks Provided

With visitor restrictions in place, our vending machines are empty! ☹️

Meals/snacks are being provided by the company and are distributed using proper PPE by management.



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## New Sanitizer Stations

To help our associates maintain a sanitized regimen, Cardinal Health has created Quick Stop pop-up sanitizer stations throughout the entire facility.

These stations are refilled daily to ensure all team members maintain a safe working environment.



## Hands-Free Door Openers



Our Maintenance and Black Belt team put their ingenuity to work and created innovative solutions for hands-free door openers for your arm and your foot.



## Social Distancing: 6 Foot Markers

Markers have been placed throughout the warehouse and the front office to provide visible representation of adequate six-foot distancing for all associates.



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## Physical distancing



Physical distancing is deliberately increasing the physical space between people to avoid spreading COVID-19. Staying at least six feet away from others reduces your chances of contracting COVID-19.

Viral particles can travel between people through saliva and mucus, which typically occurs when a sick person sneezes, coughs, or talks. If you are near someone healthy, the particles could travel through the eyes, nose, or mouth and could become infected.

**← Stay 6 feet apart**

The work we do makes a difference in helping to fight COVID-19. What we do matters. We are Essential.

## Not feeling well?



These simple personal health and hygiene tips will **help ensure you don't spread sickness** to your co-workers.



### Wash your hands

Wash your hands regularly with soap for at least 20 seconds. At the very least, be sure to wash your hands after you cough, after you use the restroom, before you touch your eyes, nose or mouth.



### Cover your cough

When you cough or sneeze, cover your mouth with a tissue, or, if you don't have a tissue handy, with your sleeve. Always be sure to throw your used tissue away.



### Stay at home if you have symptoms

Rest at home until you feel better, and try to avoid visitors you come in contact with.

Is it COVID-19, the flu, a cold or seasonal allergies?



Sometimes, all four of these can look very similar. Know what to watch for so you can best care for your

	The Flu	A Cold
Signs and symptoms of illness that last:	<ul style="list-style-type: none"> <li>Aches</li> <li>Chills</li> <li>Fatigue</li> <li>Fever</li> <li>Headaches</li> <li>Sore throat</li> <li>Sneezing</li> <li>Stuffy nose</li> <li>Vomiting*</li> </ul>	<ul style="list-style-type: none"> <li>Cough</li> <li>Fever (rare)</li> <li>Muscle aching</li> <li>Sore throat (often mild)</li> <li>Runny nose</li> <li>Sneezing</li> <li>Sore throat</li> <li>Stuffy nose</li> <li>Watery eyes</li> </ul>

## Wash your hands



The easiest and most effective way to stay healthy is to wash your hands frequently.

## Keep it clean



Here are some helpful guidelines for "keeping it clean" and reducing your risk of spreading illnesses, like the flu.

### Use normal supplies

- Use regular household detergents like hand soap or dish/laundry detergent.
- Bleach also works to disinfect and sanitize.

### Clean often

Wipe shared objects and work areas daily, or more often if you think they've been contaminated. This might include:

- Phones
- Computers (screen, keyboard, mouse)
- Desks and counters
- Chairs and arm rests
- Light switches
- Temperature controls (thermostat)
- Buttons on photocopier and fax machine
- Door handles
- Conference room equipment
- Toilet flush handles or buttons

Cardinal Health has created several posters for display within each facility.

This additional knowledge helps keep associates informed of new practices to avoid spreading the virus.

## Entry point screening



Because of COVID-19, **all employees, contractors and visitors must be healthy** before entering the building.

**You will not be able to enter the building** if you have:

- Signs or symptoms of influenza
- Chills, shivering or a fever
- Muscle aches and pains
- Sore throat
- Dry cough
- Difficulty with breathing
- Unusual sneezing, tiredness or diarrhea
- Unexplained severe illness

If you have any of these symptoms, please return home and contact your doctor immediately. **Cardinal Health employees**, please notify your manager of your situation.

- If you start to feel sick while on the premises, please stay where you are and:
- Visitors: Contact advise your host
- Employees: Contact Human Resources or the Pandemic Coordinator

\_\_\_\_ (name)  
\_\_\_\_ (phone number)

# Staying Informed