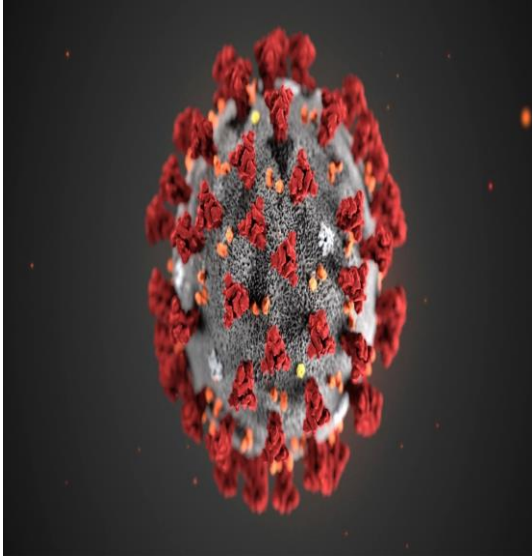




COVID – 19

At this time, it is of most importance that we all do our part in preventing the transmission of the COVID – 19 Virus or any other illness. The following are best practices for you to follow while at Pine Profiles Inc. or at home.



Best Practices

- ✓ **Keep your distance 2 meters minimum.**
- ✓ **Wear a mask.**
- ✓ **Avoid sharing.**
- ✓ **Avoid crowded places, social gatherings etc.**
- ✓ **Avoid common greetings (Handshakes etc.)**
- ✓ **Cough or sneeze into the bend of your arm**
- ✓ **If possible, shop during quiet times**
- ✓ **Avoid touching common surfaces to not clean.**
- ✓ **Avoid touching your face.**
- ✓ **Clean surfaces after you touch them.**
- ✓ **Wash hands often with soap & water**
- ✓ **Use hand sanitizer often.**
- ✓ **Wash clothing often**

While at Work

- ✓ **Keep your distance 2 meters minimum.**
- ✓ **Wear a mask.**
- ✓ **Avoid sharing.**
- ✓ **Avoid touching your face.**
- ✓ **Cough or sneeze into the bend of your arm**
- ✓ **Cessation of any gathering**
- ✓ **Eat lunch etc. in your car.**
- ✓ **Smoke in your car**
- ✓ **Clean toilets after you use them.**
- ✓ **Wash hands often with soap & water 20 seconds**
- ✓ **Use hand sanitizer often.**
- ✓ **Wash work clothing often after work**
- ✓ **Make suggestions to your supervisor.**
- ✓ **Report concerns to your supervisor.**
- ✓ **Report illness to your supervisor.**