

Safety Measures Key When Enjoying Daily Activities

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Dining out can be a treat at the end of a long day. So can cheering on your kid's team or walking to the local park. We all want to get back to enjoying normal activities, but during this public health emergency, must remain aware our risk of exposure to COVID-19. While there is no way to ensure zero risk of infection, here is some expert information from the Centers for Disease Control and Prevention (CDC) to help you lower your risk.

Avoid close contact with other people as much as possible.

The more people you interact with, the greater your risk. Being in a group with people who aren't social distancing or wearing masks increases your risk, and so does engaging with people outside your household.

Keep 6 feet of space between you and others.

Remember, not everyone who has COVID-19 has symptoms. The closer you are to other people who may be infected, the greater your risk of getting sick. In addition, outdoor spaces – where there is room for social distancing and good ventilation – is better than being indoors.

Wear a mask.

A mask helps contain small droplets that come out of your mouth and/or nose when you talk, sneeze or cough. If you have COVID-19 and are not showing symptoms, a face mask reduces your chance of spreading the infection to others. If you are healthy, a mask may protect you from larger droplets from people around you.

Know what you need to do to protect yourself and those around you.

Employees can find additional information on COVID-19 on the *FirstEnergy Today* portal, the [Corporate Health & Safety SharePoint](#) site or [MyFirstRewards.com](#). Please print and post this important information for employees who do not access the portal routinely.

In general, the more closely you interact with others and the longer you spend with them, the higher the risk of COVID-19.