

What Every Valmont® Employee Should Know About Coronavirus

- Coronavirus that causes COVID-19 spreads from person-to-person by coughing or sneezing
- Touching an infected surface, then your eyes, nose or mouth, may also lead to infection
- Viruses can survive for several hours on common surfaces like door handles and microwaves

How to Avoid Spreading the Virus



Avoid close contact—maintain 6 feet of social distancing, wear face covering when social distancing cannot be achieved



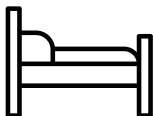
Avoid shaking hands—at work, at home or when out in public



Cover coughs and sneezes. Cover your mouth with a tissue, or use your elbow



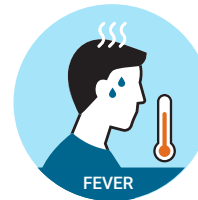
Wash your hands immediately with soap and water for at least 20 seconds, or use alcohol-based hand sanitizers



If you're sick, stay home and call your medical provider

How to Tell If You Have Symptoms of Coronavirus

- 80% of people infected with coronavirus have mild symptoms or no symptoms at all
- The following symptoms can appear 2-10 days after exposure:



FEVER



COUGH



SHORTNESS OF BREATH

Remember, if you experience any of these symptoms, stay home and contact your medical provider

Other Steps We Are Taking

Valmont is taking the coronavirus pandemic very seriously, including the following precautions for our employees and visitors:

- Maintain social distancing of 6' and table spacing in break rooms; wipe down common surfaces frequently
- All visitors must be cleared before entering any of our facilities, and fill out a COVID-19 Visitor Form when they arrive
- No outside vendors unless they are mission-critical (e.g., equipment repair services)
- Minimize cross-area activities; all meetings should be held virtually (phone, Zoom) or ensure that social distancing of 6' or greater is achieved
- Shifts to be staggered and shift start-up meetings cancelled