

STAYING HEALTHY AND SAFE

DURING THE COVID-19 PANDEMIC



TRS IS TAKING THE FOLLOWING PROACTIVE STEPS to ensure the continued health and safety of our employees so that we can continue to serve you, our members. We will continue to evaluate additional measures as needed.

WHAT WE'RE DOING

- **MONITORING** guidance from the Centers for Disease Control and the Department of State Health Services.
- **RESTRICTING** all work travel by TRS employees until further notice.
- **ENCOURAGING** live video and phone meetings in lieu of in-person appointments through April.
- **INCREASING** cleaning measures throughout our offices, including providing hand sanitizer in visible areas.
- **PROACTIVELY** educating and addressing questions from employees on steps they can take to protect themselves and their families.

WHAT YOU CAN DO

- **AVOID** close contact with people who are sick.
- **COVER** your cough or sneeze with a tissue, then throw the tissue in the trash.
- **AVOID** touching your eyes, nose, and mouth.
- **CLEAN AND DISINFECT** frequently touched objects and surfaces.
- **STAY HOME** when you are sick except to get medical care.
- **WASH YOUR HANDS** well and often with soap and water for at least 20 seconds.
- **STAY UP TO DATE** on the latest news about the virus and necessary safety precautions by visiting the Department of State Health Services [website](#).