



# COVID-19 Guidance

## SMOKING, VAPING & SPITTING

COVID-19 is a respiratory droplet-borne virus. Smoking, vaping and spitting increase exposure to respiratory droplets. Please follow the guidance below to ensure your safety as well as the safety of your family and co-workers.

### SMOKING & VAPING



Smoking and vaping must be done outside and at a social distance of 12 feet.

12'



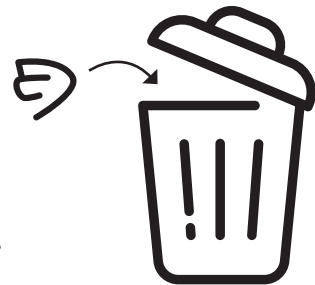
### SPITTING

No spitting of any kind. If necessary, step outside and catch it in a cup, tissue or towel then dispose of it in a lined garbage container.



#### NO SPITTING:

- PHLEGM
- TOBACCO
- SEEDS



### HELP QUITTING

Smoking can compromise the immune system, putting you at higher risk for severe illness from COVID-19. On top of that, smokers who've contracted coronavirus can spread it through second-hand smoke because it often contains respiratory droplets. Now is the perfect time to take advantage of your Employee Assistance Program (EAP) in helping you quit smoking. We're here to help.

**24/7 ASSISTANCE | 800-866-8344 | [eap@wellness2000.com](mailto:eap@wellness2000.com)**

Eligibility: All employees and eligible family members. Eligible family member is anyone eligible to be covered on the company medical insurance. Please tell counselor you are a PBSGC, Pine Bluff Materials or Jeffrey Sand employee.