

To all Schupan and Sons Inc. and affiliated Employees,

As the flu season approaches, there has been much national discussion on what we can expect when it overlaps with COVID-19. The U.S. could either see a record drop in flu cases -- due to the preventative measures we've been taking with COVID -- or we could be in for a dangerous viral storm. In order to push it to the former, fewer flu cases, we would like to encourage all employees to take advantage of the flu shot clinic in September!

Flu shots will be offered on-site or at the Schupan & Fabri-Kal Employee Health Center. Please stay tuned for information so you can best prepare yourself and your family.

TMR continues to provide employee resources.

Every week our TMR team updates us with valuable community and health resources. This information includes testing sites, childcare assistance, and best health practices. If you want to view any of the previous "Toolbox Tuesday" posts, please visit our [Schupan COVID-19 Updates page](#), under the resources tab.

Is the pandemic keeping you from physical activity? Get a jump on September's "Heart Health Month" with our [Step Up Challenge](#) -- or make 7,000 steps per day your own personal goal.

Feeling sick? Stay home, please.

State infection rates are dropping, but don't let your guard down. If you're feeling sick or experiencing any of the below symptoms, please stay home:

- Fever
- Sore throat
- New loss of taste & smell
- New onset of severe headache
- Cough

Thank you for keeping Schupan a safe & healthy place to work! We hope you find some time this weekend to do something nice for yourself -- even if it is a peaceful 7,000-step walk!

--COVID Action Committee