



COVID-19 Update

May 14, 2020

Respect. Reassurance. Revisit. Common Sense.

The team at Contrast Communications prioritizes the health and safety of our employees, customers, and community members as we continue navigating the concerns of COVID-19. While Contrast has a bricks and mortar office space, we are a [virtual workplace](#). We will continue to prioritize the use of virtual meetings, cloud-based technology, and remote access to service our customers.

In addition, we will be following the CDC's recommendations for protecting ourselves and others, described below¹ :

1. *Wash your hands often*
2. *Avoid close contact*
3. *Cover your mouth and nose with a cloth face mask when around others*
 - You could spread COVID-19 to others even if you do not feel sick.
 - Everyone should wear a cloth face mask when they must go out in public, for example to the grocery store or to pick up other necessities.
 - The cloth face mask **is meant to protect other people** in case you are infected.
 - Do NOT use a facemask meant for a healthcare worker.
 - Continue to keep about 6 feet between yourself and others. The cloth face cover **is not a substitute for social distancing**.
4. *Cover coughs and sneezes*
5. *Clean and disinfect*

See also: [CDC recommendations](#) for making (re)opening decisions during the COVID-19 pandemic

¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>