# Speak Up to Stop the Spread.

You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

Physical distancing means keeping a minimum of 2 metres/6 feet between you and others.



I'm speaking up about the importance of practicing social distancing at work in the Heavy Equipment shop and of using all proper PPE in the dining hall and Personnel Accommodations Complex.

My wife and son have groceries delivered to the house and have not gone out unless it was absolutely necessary.

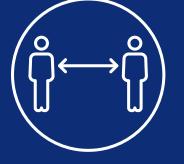
Peter Lambert, Heavy Equipment Mechanic Level 6, Red Dog; volunteer firefighter, husband, dad, and friend



#### **Stopping the Spread. It Starts with Me.**

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I've committed to change my rotational schedule to a 6x2, after 10 years of being on a 2x1, to reduce travel and comply with my community's "hunker down" social distancing order. This will increase the health and safety of my household, my co-workers, and the people in my community.

Nicole Shellabarger, Sr. Environmental Technician Level 5, Red Dog; Iñupiaq, EMT, seamstress, wife and best friend



# Speak Up to Stop the Spread.

Everyone has the responsibility to speak up to help stop the spread of COVID-19, at work, at home and in our community.

Wash your hands with soap and water for at least 20 seconds.



At work, I'm speaking up about the importance of sanitizing my area often and being careful what I touch without proper PPE. At home, I spend more time outdoors to make social and physical distancing feel natural. In my community, I lecture family and friends about the potential impact of not following proper guidelines and how that puts themselves and others at risk.

Tristen Pattee, Environmental Technician, Red Dog; Ivisaapaat community member, small business owner, and subsistence provider



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I am practicing social distancing and hand hygiene to help keep myself, my co-workers and my family safe and healthy, and to make sure there's a healthy future for my grandchildren.

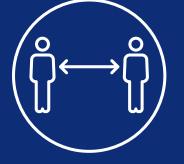
Jason Avery, Floor Person IV, Materials Management, Red Dog; grandfather, father, husband, friend and coworker



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To keep my coworkers and family safe, I practice social distancing by working from home and utilizing communications software.

Wayne Hall Community and Public Relations Manager, Red Dog; father, husband, son, brother and co-worker

