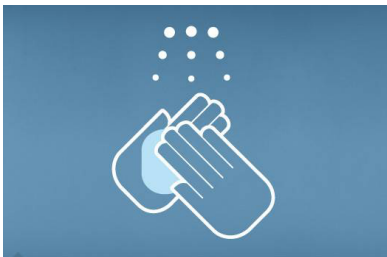


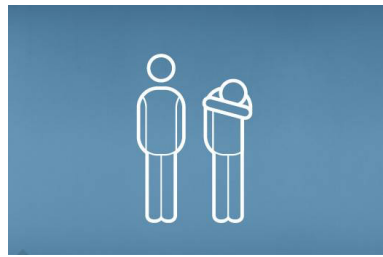
Staying Healthy

In our business, hygiene is a constant concern. It is an intricate part of our promise to our clients and an essential component of the quality we offer. Whatever touches the food products and the meals we prepare must be absolutely clean and germ-free. This is why we wash our hands, wear coats, masks, hair nets and gloves whenever we come in contact with what other people will eventually ingest. But we also have to watch our own health because staying disease-free further guarantees the integrity of our work environment, particularly at times when infectious diseases become a public concern, such as the recent Corona virus outbreak around the world. We can all starve off viral infections if we follow these basic common-sense tips for staying healthy:



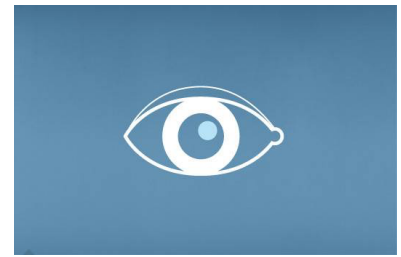
1. Wash your hands and keep them off your face

As viruses can easily be transmitted from the hands to the mucous membranes of the eyes, nose and mouth where viruses can take hold, it is highly important to pay attention to their hygiene. Wash them regularly, especially before preparing food, before and after eating, after going to the bathroom and when you come home.



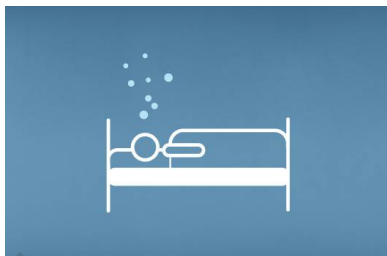
2. Cough “hygienically”

Do not cough into your hand where germs can be caught and passed on through touch. Instead cough into a tissue or your sleeve if one is not available. Also, keep the maximum distance possible from other persons and turn away from anybody opposite to you.



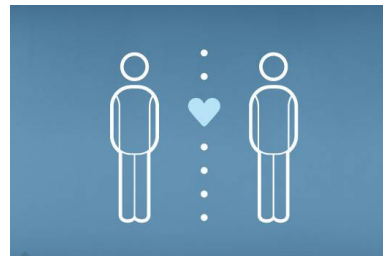
3. Realize when you are sick

Pay attention to the first signs of a viral infection: Sudden fever, body aches, coughing and limb pain are typical indications of the flu. Sudden nausea, vomiting and diarrhea can be signs of a gastro-intestinal virus infection. Take such signs seriously and visit your doctor.



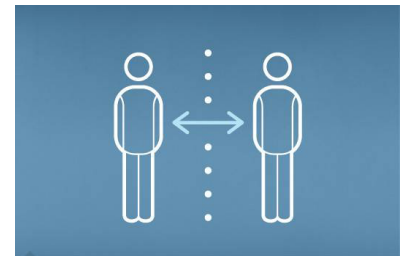
4. Recovery

Follow your doctor's recommendations and make sure you get plenty of rest and drink enough liquids to stay hydrated. After being sick, your own immune system needs time to recover and rest helps it do that much faster.



5. Protect your family

It is good for you to recover at home when you are sick, but make sure that your family does not get infected. Protect them by keeping your distance and refraining from any physical contact such as hugging or kissing. If possible, sleep in a separate room. Pay attention to the general hygiene of your home, especially in the kitchen and the bathroom.



6. Keep your distance and avoid gatherings

Viruses spread quickly in places where people come in close contact. So stay away from crowded places whenever there is a public health concern regarding infectious diseases. And don't forget to wash your hands or use hand sanitizers regularly.