



Benefit Buzz

Issue 2020-06 February 11, 2020

Spread Love Not Germs

This Valentine’s Day (and every other day) protect yourself and your loved ones from all of those pesky germs that cause illnesses to set in. A few simple steps can make a big difference.

- Proper hand washing is the most effective way to prevent the spread of infections.
- Cover your coughs and sneezes using a strong tissue or even the crease of your elbow.
- Limit close contact when you or someone you know is sick.
- Keep tissues and alcohol-based hand sanitizer handy, and use them.
- Disinfect high-touch surfaces frequently.
- Keep your fingers away from your eyes, nose and mouth.
- Stay up-to-date on your immunizations.
Click [HERE](#) to view the Adult Immunization Schedule

Whether you plan to celebrate on your own or with someone special, this is a pretty good time to remind ourselves that the ultimate gift may be making sure that we remain healthy.



Membership Info

A visit to Merlo!

Debby, from the Benefits Team will be in the Operator Report Area at Merlo this Friday from 7:30 a.m.- 4:30 p.m.

Stop by for benefit related information and resources or to just say ‘Hi!’

Click [HERE](#) for more info

Retirement Corner

Pension-Retirement
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Benefits Retirement Planning
ICMA-RC TriMet

Benefit Resources

Employee Benefits	Wellness Matters	Upcoming Events
Retirement Information	FMLA/OFLA	Important HR/Benefit Forms Beneficiary designation, benefit change, ADA packet requests, etc.