Superman Still Needs to Be Healthy©

There’s a great story about Muhammad Ali, the greatest boxer of all time, who was about to fly on a flight. Like normal, he was talking about how great he was, even calling himself “Superman” and telling those around him, “Ain’t nothing that Superman can’t do.”

When the Flight Attendant reminded him to buckle his seat belt before the flight was to take off, Ali was reported to say, “Superman don’t need no seat belt.” To which the Flight Attendant, not wasting a second, answered, “Well, Superman don’t need no airplane either; buckle your seat belt.”

You see, even the toughest of us need to realize that there are somethings that we cannot defeat, in our own strength alone. So, as another reminder, let’s be sure not to forget even the basics of preventing this COVID19 Virus from hitting us when we have our defenses down.

As it looks like we may be allowed a bit more freedom, let’s not forget to:

1. Stay home and in your home, IF, you’re not feeling well.
2. Check your temperature…if you start knocking on higher than 98.6®F, please stay inside.
3. Wash your hands regularly; with antibacterial soap.
4. Use hand-sanitizer perhaps before and after using tools, equipment, sack, box, etc. that have been handled by others.
5. Make use of any anti-bacterial “towelettes” if you have them.
6. Where gloves when it’s appropriate.
7. Be sure to Disinfect your work area, tools, equipment, etc. (I spray Lysol in my truck when I arrive to work…and when I get out to walk into my house.)
8. Sneeze or couch into a tissue/handkerchief, if you have one. If not, do the same into the inside of your elbow, as you bend to fit your nose/mouth into your elbow. Do not sneeze or cough without covering up…it’s the easiest way to shoot the liquid carrier of the Virus six to ten feet, maybe further.
9. If you feel like you should, or need to, cover your nose and mouth with a facial covering. It can be a mask, N95 Mask, Bandanna, or scarf. It’s not quite as important the material as it is to cover your nose and mouth.

Let’s not let our first defenses down at this time that we may be hopefully, closer to some return of normalcy. As we do, there may be some county leaders, for your work areas, that will make some health techniques mandatory. And example of this is the Dallas County Judge, who is requiring even Essential Workers to have face coverings on while working. We need to abide by whatever our local government officials require.

If you have any questions, or concerns, please call me, Daniel Kilman, or Veronica Moreno.

Let’s not mistake ourselves for “the man of steel,” and be sure to practice good Virus prevention health techniques.

Here’s to a shorter time to go!

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