

COVID-19 Update for UK Employees | 19/01/2021

Message from CEMEX's SVP of Human Resources

As the new year begins, we are very encouraged with the news of different COVID vaccines, not only approved but also in production and beginning to arrive in our communities.

Unfortunately, the virus is still with us, and more active than ever. On Thursday of last week, there were 862,000 new contagions and over 14,900 deaths registered globally, one of the largest one-day impacts to date. Therefore, we cannot, and must not, rest on the fact that the vaccine is near. Now, more than ever, we must maintain observance of our Behaviours that Save Lives with discipline and vigilance. We have proven that these behaviours surely save lives, with the resulting contagion and mortality rates within the CEMEX family at levels significantly below to those within the communities in which we live and work.



BEHAVIOURS THAT SAVE LIVES

Therefore, we must not only observe but advocate the following:

1. Compliance with Behaviours that Save Lives. This is especially true at home, where most of the contagions affecting CEMEX employees occur. Also, we must become ambassadors of these behaviours, encouraging those around us to follow them, especially our family members.
2. Be very vigilant of any early COVID symptoms and report them. Remember, early detection and professional treatment of COVID minimises the effect on our health and limits the possibility of transmission to others.
3. Continue strict observance of our COVID Protocols at the workplace. Following our protocols keeps us safe, especially our front-line colleagues. Please reach out to your COVID coordinator if there is lack of equipment or compliance in any of our sites.
4. Continue remote working where possible.

These steps are very powerful and can limit the effect of the virus on ourselves and families. Together, we can stay safe as we wait for the eventual end of the pandemic.

Alberto Luis De Armas

Online Resources for Support

A reminder about two training resources available at www.cemexuniversity.com (**Working Remotely** and **Building Physical & Emotional Wellbeing**) to support teams and individuals at this time.

These short and focused programs, called **Learning Pathways**, feature a collection of curated videos, articles & other learning assets. They are accessible to anyone with a CEMEX email.

1. [Working Remotely](#) covers **Remote Collaboration** (Communication & collaboration; Tips for Working Remotely) and **Working as a Remote Team** (Tips for managing virtual teams, How to build trust on your virtual teams, Keeping a virtual team connected)
2. [Building Physical & Emotional Wellbeing](#) covers **Staying Fit in Self Isolation** (Importance of home exercise while being isolated, 4 types of exercise every person needs, Workouts to try) **Emotional Strain** (Stress & resilience, Breathing techniques, Avoiding burnout amid a pandemic) **Family** (Children at home, Tips for Homeschooling, Helping children deal with uncertainty, Elderly family members)

These Learning Pathways are free and can be accessed anywhere, anytime to find valuable tips and recommendations to better navigate this still challenging environment.

Employee Assistance Programme

Free, confidential support and counselling available for all employees

If you're worried about a work, family or personal issue then the Employee Assistance Programme can help, 24/7.

Support with everything from consumer rights to bereavement, depression & anxiety to childcare.



Visit www.lifestyle-support.co.uk (username: cemex / password: cemex) or call 0808 1682143