CERA conversations
Aramco president and CEO Amin Nasser takes part in an online conversation with renowned energy thinker and writer, Dan Yergin, discussing a wide range of issues.

The Arabian Sun celebrates its 75th anniversary of bringing you company and community news

With the launching of the Aramco Formula 1 Employee League, Aramcons can now have a front seat experience of the world’s fastest sport, choosing a team of drivers and competing with their colleagues during the Formula 1 season. Aramco is a major sponsor of Formula 1.
AramcoWorld rolls out new mobile app for digital audience

AramcoWorld has launched its third-generation mobile app as part of the magazine's mission to bring its stories of global interconnections even closer to the readers' fingertips. The award-winning app is another tool in AramcoWorld's digital ecosystem that is helping grow its online audience. "As we all increasingly access media from our phones, we are offering dynamic and enjoyable mobile experiences," says AramcoWorld editor Richard Doughty. "This allows people to spend more time with our stories and content, and people can form impressions about a publication very quickly based on mobile experiences.

Especially useful in a time when education is more than ever a digital experience, the app offers a quick link to the magazine's Classroom Guide, its teaching supplement. Users can also scroll through and watch dozens of AramcoWorld videos, and read current features.

"We know our audience and we know that to build loyalty you need to meet readers where they are at," says Johnny Hanson, AramcoWorld digital media editor. "The experience for users is fun. The app is something they enjoy using, coming back to and sharing content from."

AramcoWorld's first version of the app was launched in 2015. As Doughty explains, it was aimed primarily at tablet users. "We didn’t want to replicate the print magazine. Every story was redesigned for the tablet, with big photos in horizontal format, multiple layers of text, all reflecting where top magazines thought their apps were going. Then a couple years later along came the bigger phones with higher resolution screens that we now take for granted, so we rethought it not once, but through two versions actually.

Though the current pandemic has shuttered many events, the app provides users with the up-to-date event information — both physical exhibits and virtual ones — as well as book reviews, recipes in its "flavors" section, and a quick link to 60 years of back issues.

"We are highlighting departments such as our ‘flavors’ section, among others, on the app," says Hanson. "Because it’s so much easier to work with a recipe from your phone than going back and forth to your computer."

The newest version of the AramcoWorld App can be found at the Apple App Store and on Google Play. The updated version will soon be available on Amazon.

Overcome the challenges!

Have you ever wondered if you are living life to the fullest? Well, I can tell you that if you have no idea what I’m saying, then you probably aren’t. Living life to the fullest means appreciating what life has to offer. You have to overcome your fears, take risks, and be ready to take on challenges that may otherwise seem impossible. Let me explain my philosophy with a personal experience.

Last summer I was on vacation with my family in Dubai, and I am standing in front of a gigantic structure of a roller-coaster — (Formula 1) in Ferrari World. "Awesome!" was my first expression, which then quickly evolved into a shiver down my spine. "How would I ever dream to go on this ride?"

mustering courage

Even though my experience with a similar ride encouraged me to do this impossible challenge, I still had to convince myself (and my father) to go on Formula 1, and at times, I felt brave about it. However, when I got into the queue, I grew more and more uneasy about it. It got to the point that I mustered up my courage and said to my father, "Can I go on this ride later, maybe next year?" My dad asked me if I was a "chicken" and at that moment, I became very interested in the barrier to the ride. When we finally got to the front of the line, I felt like someone had planted a whole butterfly farm in my stomach! The coaster was humongous! It could fit over 30 people and it was in shining red to match a real Ferrari! It slowly went outside the terminal, stopped, and then came the sound of the rope winding it back, and with terror all around my face, the rope let go! ZZZZOOOOOOMMMM! The butterflies in my stomach now seemed to be rehearsing a circus.

leaping for joy

A couple of seconds passed by and my heart was leaping in joy of going this fast for the first time in my life! I was so excited I screamed in joy on the top of my lungs. It was an amazing experience! I kept on bouncing in my seat and just enjoyed every moment of the ride! The coaster was looping, swinging, and turning in every way you could think of! Those 20 minutes of my life (before, during, and after the ride) will always stay with me no matter how long I live, as they taught me the lifelong lessons of how to overcome my fears, to do the things that may seem impossible, and enjoy myself while doing it.

Life is like a roller coaster ride, and I apply that lesson every day. I enjoy any challenges head-on that life throws at me, and enjoy each one.
Saudi Arabia — Emerging stronger from a succession of challenges in the past 12 months has hammered home the importance of excellence, strong balance sheets, and resilience — backed by world-class technology and an exceptional team of talent.

This was the overall message from Saudi Aramco president and CEO Amin Nasser during a virtual “CERAWeek Conversation” with renowned energy thinker and writer, Dan Yergin.

Sharing his thoughts with an international audience from his office in Dhahran headquarters (and afterwards with our reporter), Nasser began by reflecting on Saudi Aramco’s response to various challenges such as last year’s drone attacks on company facilities, the SABIC deal, and the ongoing COVID-19 pandemic — all as a newly listed company.

Abqaiq and Khurais attacks

Looking back to last year’s attacks on Abqaiq and Khurais, Nasser credited comprehensive and well-rehearsed business continuity planning, but also swiftly pointed to the company’s people, describing them as trained, experienced, and knowing what was needed doing during a crisis.

He also pointed to the success of iktv in delivering a world-class local supply chain with optimum inventory levels as a key factor in the recovery, the speed of which both surprised and reassured the world. “We had all the needed spare parts and equipment to turn the facilities back on in days instead of months — successfully, and reliably,” said Nasser.

This has helped once more during this year’s global pandemic when many of Saudi Aramco’s overseas plants, factories, and suppliers closed due to the lockdown. “We are seeing, because of either the critical nature of the incident that we had in Abqaiq and Khurais, or the lockdown that happened in the different countries, having it closer to the end user is very important these days.”

Aramco as a listed company in a COVID-19 world

Yergin asked how life has been so far for Aramco, and Nasser expressed satisfaction with how the company has performed, particularly given the challenging operating environment, which has been dominated by the effects of the COVID-19 global pandemic.

In terms of the company’s response to the pandemic, Nasser said that Aramco had a head start because of the lessons learned from the 2012 Middle East Respiratory Syndrome (MERS) epidemic.

He noted Aramco’s 2013 joint venture with Johns Hopkins placed the company in a good position, “The work between the corporation, our JV, and a medical provider, an excellent medical provider, definitely had its value.”

Nasser also pointed to the company’s early preparations: “For us, preparing for COVID-19 started early on in February, working with Johns Hopkins, and making sure that we had all the necessary supplies available.”

He said this stemmed from having pandemics as one of the top corporate risks as part of the company’s Enterprise Risk Management framework, which meant medical and nonmedical components were both in place.

In fact, when questioned by Yergin how the world’s largest oil company took only 20 days in April to break its own record for sustained crude oil production during that happened in the different countries, having it closer to the end user is very important these days.”

Outlook for second half of 2020

Asked for his view on the oil market for the remainder of 2020, Nasser responded, “I think the worst is behind us.”

“There are forecasts looking at between 95 and 97 million barrels by year end, so it all depends whether there will be a second wave of coronavirus or not.”

“But I am also not as concerned about a second wave because I think we are much better prepared now.”

“All countries, all medical establishments around the world are much better prepared. “We learned a lot during the first wave,” the CEO said. Nasser believes we are not out of the woods yet, but the market and supporting sentiment has improved, and he sees economies doing the same during the second half of this year.”

energy transition and climate change

Addressing the twin challenges of energy transition and climate change, Nasser was clear that a healthy economy and affordable and reliable energy supplies are not the only priorities.

If anything, COVID-19 is reinforcing the company’s focus on long-term growth and value creation — with climate protection central to that effort.

“The historic crisis we are passing through is forcing the pace of change and reinforcing some enduring realities. For example, it has never been clearer that the world needs a faster, more affordable game plan for the low-carbon energy future ahead,” he said.

Adding that oil and gas will continue as a core part of that global effort and the global energy mix over the long-term, he noted that Aramco already has a leading position when it comes to carbon emissions; in terms of the carbon intensity in the upstream sector — 10 kg of CO2 per barrel of oil equivalent — and a methane intensity of 0.06.

“That leading position did not come all of a sudden. It came because of our decades-old focus on reducing emissions, making the right investments, and using the right technologies.”

“However, we will intensify our focus on each of the three areas (environmental, social, and governance) as our goal is to become among the most responsible companies in these areas.”

Summing up, Nasser’s view was that delivering on shareholder, stakeholder, and societal expectations, matters more than ever. In turn, excellence, financial strength and performance, environmental, social, and governance, and world-class technology and talent are crucial to that delivery.

“That is why, for example, we continue to invest in one of the lowest upstream carbon intensity businesses in the world. Not just because of our commitments to our shareholders and stakeholders. But because we know a sustainable energy transition will not be possible without it,” Nasser said.
The impact of the COVID-19 pandemic over the past several months has been significant, affecting virtually all sectors of the global economy. Construction, airlines, restaurants, hotels, and international tourism came to a virtual standstill, as millions of jobs were lost. As a major global energy producer and one of the world’s largest companies, Saudi Aramco has quickly assessed the impacts created by the pandemic through the formation of the COVID-19 Task Force. Part of this group’s responsibilities was to ensure all ongoing operations and projects apply immediate and decisive measures to minimize the virus’ spread and ensure business continuity.

COVID-19 impact on construction projects

The pandemic has taken a toll on the construction industry. Across the oil, gas, and chemical industries, construction has slowed down significantly over the past several weeks all around the world. Some projects have been postponed or suspended, and final investment and funding decisions have been delayed.

Some immediate negative impacts were noticed on several projects. Construction costs started to increase, with material costs skyrocketing, as well as more construction man-hours and field in-direct hours being needed to complete construction projects. In addition, field construction productivity experienced a considerable drop, as confirmed by several senior construction managers. And while there are currently no accurate estimates for the productivity impact on the construction industry, this impact is anticipated to exceed 10%, due to the required physical distancing, additional personal protection equipment (PPE) requirements, and cleaning/hygiene routines that are now required.

Meanwhile, the construction procurement supply chain has also impacted significantly over the past three months. Experts anticipate it will take months to fully recover, creating shortages, driving up prices, and causing delivery delays. Major equipment and bulk material costs have increased, and these specific shortages will cause owners and contractors to pay extra premiums to secure these materials to meet critical path construction activities.

Additionally, more costs on large projects will be noticed. For example, the workforce being bused from construction camps to the work site will require additional buses to meet social distancing mandates. New PPE requirements need to be considered, while camp quarters must be added to minimize the workforce occupancy of each room.

innovations and path forward

COVID-19’s sudden appearance and subsequent impacts have added a new twist to the project management pyramid of cost, schedule, quality, and safety. The safety spectrum will definitely have to be expanded to tackle the possible spread of this virus at construction sites and camps. Saudi Aramco’s Project Management Teams are facing several project challenges where innovative solutions are being implemented immediately to eliminate or mitigate the risks associated with this pandemic, including:

- Following Ministry of Health and company COVID-19 Task Force recommendations
- Establishing larger temporary resting areas at construction sites to improve physical distancing
- Reduce the number of workers in buses, and use additional PPE to protect construction crews
- Using teleconferencing to conduct progress and construction meetings
- Limit travel of construction management and engineers to limit the possible transfer of the virus
- Many experts are assuming that business and construction activities will slowly return to some degree of normality in the coming months. However, several clients and contractor organizations will be faced with a number of challenges that should be considered in future projects, such as:
  - Establishing new procedures to include physical distancing, additional PPE, and safety guidelines
  - Creating construction execution schedules to allow for additional man-hours to complete projects, as well as staggered work teams and locations
  - Increased cost on projects due to additional safety requirements and slower productivity
  - Increase the use of technology and innovation to execute some construction activities and reduce crowded human interference
  - Increase the use of offsite pipe fabrication and prefabricated buildings, as well as skid-mounted equipment and instruments
  - Utilize home office and construction support staff to work from home, and continue containment strategies that reduce person-to-person contact

Construction contractors and project clients worldwide must evaluate these strategies and additional measures to strategically develop optimum execution strategies for future projects, thereby mitigating the negative effect of the current pandemic and other future epidemics. Safety, quality, cost, and schedules will have to be transformed and revised to cope with future pressure to accelerate the duration, minimize cost, and maintain the well-being of the construction workforce.

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Aramco turns to safer, less costly construction technology

Saudi Aramco’s deployment of a relatively new compaction measurement technology at its Ajyal Housing Project in South Dharhan is not only safer than other commonly used technologies — it’s less expensive, too.

Saudi Aramco recently introduced the use of electrical density gauge technology to measure the density of compacted soil at construction sites on the Ajyal project. Deployment of the relatively new compaction measurement technology is not only safer than other commonly used technologies; it’s less expensive, too.
Aramco and Formula 1 Employee League brings the thrill of the sport one-step closer

When Saudi Aramco became a Global Partner of Formula 1 auto racing, it made perfect sense. Formula 1 is a sport based on technology, teamwork, and a constant drive for innovation. Just as Aramco scientists are at the cutting-edge of Fourth Industrial Revolution (IR 4.0) technologies for finding, producing, and refining oil and gas, and breaking new ground in materials science in our network of research facilities, Formula 1 teams are constantly adapting what is known about engine design and laying the groundwork for technological breakthroughs of the future.

In short, we’re a perfect match. Now that the company has launched its own F1 Aramco Employee League, each of us can now participate in the exciting world of F1 racing. The Employee League is a fantasy league where you can select your own team and drivers, and compete against each other during the F1 season. Those employees who come in first, second, and third place will win VIP Paddock Club access for a F1 race next season. Instructions for registering are down below, and the deadline for registration is July 2.

Science, skill, adrenaline

To get a taste for what makes Formula 1 such an exciting sport, consider what a Formula 1 driver experiences on race day. For 90 minutes, an F1 driver must race a circuit of 305 kilometers, attaining speeds of up to 360 kilometers per hour. But behind each driver, there is a team of at least 500 people, engineers, designers, fabricators, and mechanics, all at the top of their game.

Imagine having 60 or 70 pounds of force applied to your head, while steering around 10 Gs of force. A driver may experience the equivalent of five gravitational forces of taking a hard turn, a G-load that would make an accelerometer jump without stopping. These drivers are at the top of their game to attain speeds of up to 360 kilometers per hour, while in the air at 330 kilometers per hour and accelerating up to 100 kilometers per hour in 5.5 seconds. They control braking and acceleration to the tenth of a second, and their teams adjust the car's settings to adapt to the constantly changing conditions of the track.

Drivers need more than mere physical fitness. They need stamina, steely nerves, skill, and constant attention to detail. They come in first, second, and third place to win the World Championship. Formula 1 cars are at the leading edge of technological innovation. Teams of engineers use sensors and gather real-time data to monitor every component, from the engine compartment to the wear of the tires. Designers and fabricators are constantly on the lookout for minor tweaks that can save milliseconds and give their team an advantage. The end result can be literally breathtaking: An F1 car can accelerate up to 100 kilometers per hour and decelerate down to zero in four seconds. It takes longer to say that sentence than to actually carry out the act.

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Aramco and Formula 1

Employee League brings the thrill of the sport one-step closer

Here are the steps for registering:
• Click on Microsoft Edge: https://formula1.com
• Register as a new user or log in with your existing F1 account
• Pick five F1 drivers to form your team, using your fictional $100 million budget, and then pick a turbo driver who will help score double points
• After you pick your drivers, pick your car manufacturer and name your team. You will be then directed to a page where you will create a private league where you will create a private league with your name, team name, and picture
• Enter “Aramco Employee League” into the box
• Enter the Aramco PIN “025e3509090”
• You will then be a new member of the Aramco Employee League

Employee league

The Saudi Aramco F1 Employee League will help employees, both longtime fans and absolute beginners, to stay up-to-date about the sport, and to experience the fun, speed, drama, and strategy of the game.

By registering in the league, employees will have an opportunity to compete against their colleagues, picking a dream team and keeping track of their scores through the season. Employees must register by July 2 to participate in the upcoming season, which begins on July 5 with the Austrian Grand Prix.

Aramco is the presenting sponsor of “Power Rankings,” the No. 1 most read serialized content about Formula 1 racing, which helps fantasy F1 players to review the data and take into consideration the various factors at play over a race weekend, such as the health of a driver or technical issues with a car, etc. Power Rankings is published every Wednesday after each race, and is available across social media, F1.com, and through a Power Rankings app.

Tips for new players

Formula 1 and Saudi Aramco believe in fair play, of course, but it’s only fair to offer a few tips for new players on how to be successful. On the Formula 1 website, https://www.formula1.com, you can find the five secrets to success from last year’s winner, Lewis Johnson. Here are the recommendations from Johnson, an analytical chemist from Derbyshire in the U.K., for the 2020 season:

1. Pick your drivers from the top teams.
2. Do your tinkering early.
3. Hold your nerve.
4. Don’t waste money on needless driver swaps.
5. Get your Turbo Driver choice right.
Years of bringing you company and community news

Dhahran — 1945 was a historically monumental year. The war in Europe had ended in May with the victory of the allies over Germany and the war with Japan would end in August. “The Lost Weekend” and “National Velvet” were on the silver screen in the U.S. and one Arthur C. Clarke put forward the idea of a communications satellite in a Wireless World magazine article.

In July of that year in Dhahran, a rather rudimentary looking publication was born, a publication that was the first incarnation of what we know today as The Arabian Sun.

The Dust Rag made its debut on July 1, 1945, under the editorship of Jack Mahoney. Its masthead featured a sketch-style rendering of sand dunes in the Saudi desert underneath a cursive ‘The Dust Rag.’

Saudi Aramco, which can trace its beginnings to 1933 when a concession agreement was signed between Saudi Arabia and the Standard Oil Company of California (SOCAL), now had its first publication for employees.

‘write as you please’

“From a relations standpoint, this paper will best serve you as a means through which you can write as you please, without getting your face red,” Mahoney’s first front-page editorial declared in courier typeface.

The publication began as an informal, employee-led and focused newsletter for Aramcon families living in the Dhahran camp.

Mahoney’s mission statement was “to solicit articles or bits of news about any subject anyone wishes to submit.”

The publication then merged in 1946 with Ras Tanura’s newsletter The Flare, and the Sun and Flare was born and would keep that title for many years before settling on The Arabian Sun as a title.

At twice weekly, in 1951, it offered its first photographs and began transitioning from purely community-centered publication to include the company’s business news.

Evolution

The evolution of the company throughout the decades and its major business milestones have all been documented in and mirrored by The Arabian Sun in the intervening years.

Early issues featured general camp news, jokes, and information about activities, birthday announcements and general snippets of interest to employees and their families.

The July 3, 1957, issue of The Sun and Flare celebrated the publication’s 12th anniversary and also featured a front-page retirement photograph of Jack Mahoney at work in his office.

Interestingly, the front-page also features news of a flu outbreak, something employees of today will relate to with the COVID-19 outbreak.

The publication kept rolling off the presses once a month during the testing and uncertain times of the first Gulf War, which rocked the region from 1990-1991 and documented Saudi Aramco’s huge cleanup efforts in the Arabian Gulf after oil was deliberately released into its waters by Iraq.

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July 1, 2020 | The Arabian Sun

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The Arabian Sun celebrates a milestone anniversary this week as it marks seven-and-a-half decades of evolution, innovation and keeping employees abreast of the latest business and community news.

Publishing stoicism is also evident today, with The Arabian Sun playing a pivotal role in providing information to help employees remain safe during a pandemic.

Throughout the company’s history, its major milestones in production have been featured in the pages of The Arabian Sun, including its Herculean 1995 efforts to set up the remote Shaybah facility in the Rub‘ al-Khali desert, also known as the “Empty Quarter.”

Milestones of engineering ingenuity, such as the Manifa project were also featured on the front-pages of The Arabian Sun.

The Arabian Sun scribes and photographers were on hand when Saudi Aramco celebrated “75 Years of Excellence” at a grand event in May 2008.

Saudi Arabia’s King Abdullah bin Abdul Aziz Al Saud, the sixth King of Saudi Arabia, visited Dhahran to take part in Saudi Aramco’s 75th anniversary celebrations.

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From the beginning to current. These banners show the progression of the company’s employee newspaper, The Arabian Sun.

“IT’S surprising how much is in there — company news, lifestyle articles, features, and community happenings.”

“That being said, I think that its long-term success can be attributed to what’s right there on the front-page each week: it’s a publication for Saudi Aramco employees. From its early days as The Dust Rag to the present, this has been at the core of its mission, whether that was Little League box scores or how to keep yourself safe during the COVID-19 pandemic,” notes Williams.

“And, as things continue to evolve into new mediums beyond the standard print edition, it is a dedication to this mission that will ensure its success and continued role as a trusted source of information for employees and their families.”

Reflecting the development of the industry itself, The Arabian Sun will be part of a fresh strategy by Public Affairs to widen its content spread over a number of digital platforms, keeping pace with the times we live in, and engaging employees on a number of new levels.

Exciting times are ahead for The Arabian Sun as it continues to serve company and community, and embraces the digital age.

The Arabian Sun had its first foray into digital platforms with the SunDirect, which ran from October 2011 until August 2012.

Employees received the publication in their email boxes during this period.

Major company programs, initiatives, and its commitment to the Kingdom’s ambitious Vision 2030 economic roadmap are also showcased.

Initiatives such as the In-Kingdom Total Value Add (iktva) program receive extensive coverage each year as they support the vision and the Saudi economy.

Environmental measures undertaken by Saudi Aramco also take prominence, notably extensive mangrove planting along the coastline of the Eastern Province and the Shaybah Wildlife Sanctuary.

The company’s unwavering strategic commitment to developing and deploying technology across its business is also a focus for The Arabian Sun alongside its evolution into a world leading fully integrated energy company.

The recent 70% acquisition of Saudi Arabian Basic Industries (SABIC) and the historic IPO of 2019, received thorough coverage in what is known informally as “The Sun.”

Publishing director Meteb F. Al-Qahtani says that The Arabian Sun has a rich history and is part of the fabric of Saudi Aramco.

Current editor Todd Williams says, “When I came to Aramco 10 years ago, I think that I had the same reaction as a lot of people would when learning about the Sun.

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“And, as things continue to evolve into new mediums beyond the standard print edition, it is a dedication to this mission that will ensure its success and continued role as a trusted source of information for employees and their families.”

New direction

Reflecting the development of the industry itself, The Arabian Sun will be part of a fresh strategy by Public Affairs to widen its content spread over a number of digital platforms, keeping pace with the times we live in, and engaging employees on a number of new levels.

Exciting times are ahead for The Arabian Sun as it continues to serve company and community, and embraces the digital age.

The Arabian Sun had its first foray into digital platforms with the SunDirect, which ran from October 2011 until August 2012.

Employees received the publication in their email boxes during this period.

Major company programs, initiatives, and its commitment to the Kingdom’s ambitious Vision 2030 economic roadmap are also showcased.

Initiatives such as the In-Kingdom Total Value Add (iktva) program receive extensive coverage each year as they support the vision and the Saudi economy.

Environmental measures undertaken by Saudi Aramco also take prominence, notably extensive mangrove planting along the coastline of the Eastern Province and the Shaybah Wildlife Sanctuary.

The company’s unwavering strategic commitment to developing and deploying technology across its business is also a focus for The Arabian Sun alongside its evolution into a world leading fully integrated energy company.

The recent 70% acquisition of Saudi Arabian Basic Industries (SABIC) and the historic IPO of 2019, received thorough coverage in what is known informally as “The Sun.”

Publishing director Meteb F. Al-Qahtani says that The Arabian Sun has a rich history and is part of the fabric of Saudi Aramco.

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He’s bringing home something not on his list

Khaled got tired of wearing his mask and gloves while shopping so he took them off. He’s young, healthy, and made sure that he kept his distance from people. What’s the big deal?

But Khaled’s cart had been used previously by an infected shopper who sneezed on the handle. And then Khaled touched his face. By being careless, Khaled put himself and his family at risk.

Never let your guard down.

Because it’s not only about you. It’s about everyone’s safety.

Unsafe personal behaviors can destroy lives. Do your part to keep us all safe.

Wear a facemask in public. Facemasks should be worn when you may be near people.

Wash your hands with soap and water for 40 to 60 seconds. Or use hand sanitizer for 20 seconds.

Don’t touch your face. Avoid touching your eyes, nose, and mouth.
Residents board a boat for Bahrain in the late 1930s, long before the causeway provided an automobile route to the island. Floyd Ohliger, a prominent figure in Aramco history, supervised the construction of the al-Khobar pier, the very first of its kind. The boat Calarabia departed regularly to Bahrain from the pier. Photo: Max Steinke
well-being
caring for your health and wellness

Our New Normal ...

Beating COVID-19 with the ‘3 Ws’

As we adjust to the “new normal,” we need to incorporate new habits into our day-to-day lives. Whether at work, visiting family members, going to a grocery store, or eating at a restaurant, COVID-19 preventive measures need to be implemented by us and those around us.

How can you beat COVID-19?

How can you go on with your normal life safely, protecting ourselves and those around us from the threat of this virus?

Incorporating JHAH’s “3 Ws” as part of your daily habits in the world of the new normal can help you stop COVID-19. Being responsible, and holding yourself accountable can be a lifeline.

Wash your hands

COVID-19 is a virus that spreads when droplets or mucus that contain the virus enters your body through your nose, eyes, or mouth. Most often the medium that transfers the virus to you is own your hands.

- Regularly washing your hands is one of the most important acts that will help prevent the spread of the new coronavirus.
- Handwashing is proven to reduce respiratory illnesses, such as colds, in the general population by 21%, while also reducing the number of people who get sick with diarrhea by 31%, according to the Centers for Disease Control and Prevention.
- To correctly practice hand hygiene, be sure to frequently wash your hands with soap and water for at least 40 to 60 seconds, or if soap and water are not available, use an alcohol-based hand sanitizer for 20 to 30 seconds.

Tip: Check the label of your alcohol-based hand sanitizer to make sure it is at least 62% alcohol.

Wear a mask

Wearing a facemask can help prevent the spread of COVID-19. A facemask should be worn at all times when leaving the house, according to the Saudi Ministry of Health’s current guidelines.

- How do I wear a cloth mask correctly?
  1. Before putting on your facemask, wash your hands with soap and water for at least 40 to 60 seconds, or sanitize your hands for 20 to 30 seconds, and make sure the mask fits securely against the sides of your face.
  2. While wearing the cloth mask, avoid touching the mask or your eyes, nose, and mouth.
  3. Before you remove your cloth mask, wash your hands with soap and water for at least 40 to 60 seconds, or sanitize your hands for 20 to 30 seconds, avoid touching your eyes.
  4. When removing the mask, touch it only by the ear straps.
  5. Repeat hand hygiene again immediately after removing the mask.
  6. A cloth mask should be machine or hand washed in hot water with laundry soap after each use and dried thoroughly. This is sufficient for sterilization.

- If you are using a disposable facemask, dispose of it responsibly in a covered trash can.

The cloth mask should:
  - Fit squarely to the sides of the face and chin.
  - Be secured with a thread that wraps around the ear to secure its fastening.
  - Include multiple layers of fabric — preferably cotton — but allows for comfortable breathing.
  - Tolerate washing and drying without damage or changing in shape.

What are some cloth mask precautions?

- Misuse may increase the risk of infection.
- Don’t use damaged masks and don’t reuse it without washing. Don’t put a facemask on children under two years of age and don’t use it for people who are unconscious.

Watch your distance

One of the most effective preventive measures that is proven to slow the spread of COVID-19 is physical distancing.

What is physical distancing?

Physical distancing refers to limiting the number of people you come in close contact with by keeping a two-meter physical distance between yourself and others at all times.

Why should you practice physical distancing?

Physical distancing cuts the risk of COVID-19 infection by half. When a person with COVID-19 coughs or sneezes, or talks, the droplets from their mouth or nose can travel up to six feet, and you can get infected if you inhale these droplets or if they land on your mouth, eyes, or nose.

Up to 50% of people with COVID-19 don’t have any symptoms at all and a further 30% only have very mild symptoms, so they may not even know they are infected. Therefore, it is important to help prevent the spread of COVID-19 by keeping your distance at all times, even if the people around you are healthy.

This will help slow the spread of COVID-19 will help you protect yourself, your loved ones, and everyone in your community.

Save lives with the “3 Ws,” and together we can overcome this pandemic.

Ras Tanura kids use art to help ‘Stop the Spread of COVID-19!’

by Fatimah Abdulrahman Alansari

Children in Ras Tanura recently put their artistic talents to the test in a drawing contest designed to highlight the importance of stopping the spread of COVID-19.

Titled “Kids’ Fun Drawing Project — Stop the Spread of COVID-19!” the RT Recreation Services Unit sponsored contest was designed to entertain children during a time of quarantine.

The children were encouraged to express their thoughts about their current situation and demonstrate their understanding and ideas about protection and prevention. Organizers received a wide selection of drawings from children of all ages, with each drawing demonstrating a means of preventing the spread of COVID-19.

Winners included Heer Chheladiya, 7, in the 4- to 7-year-old division; Siddesh Imandi, 8, in the 8- to 10-year-old division; and Naiya Shah, 13, in the 11- to 15-year-old division.

RT Recreation Services thanked all of the participating children.

Hear Chheladiya, 7 years old

Siddesh Imandi, 8 years old

Naiya Shah, 13 years old

AramcoWorld rolls out new mobile app

The new AramcoWorld app for their digital edition is now available from the Apple App Store and on Google Play. Coming soon to Amazon.

see page 2