

# Essential Worker Health Survey Newsletter

Vol. I | July 29, 2021

## From strengthening workplace protections

to ensuring our members have **access to life-saving vaccinations**, the UFCW has been standing with our essential workers from day one. And as we get closer to understanding and overcoming COVID-19, it is critical that **our essential working members remain a priority**.

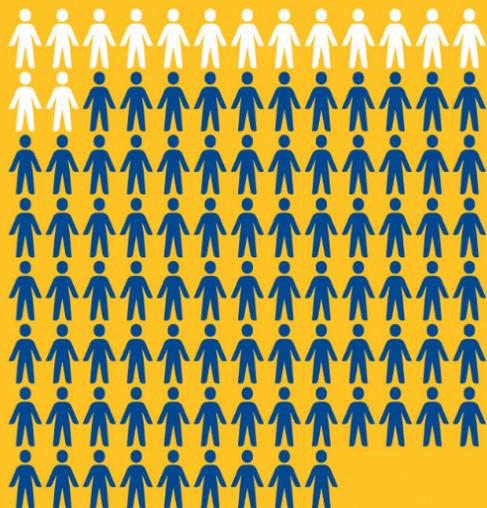
That is why **UFCW** has partnered with the **University of Nebraska Medical Center (UNMC)** and **FORWARD Databank** to launch a historic, national **Essential Worker Health Survey**.

Every month, participants of this groundbreaking study will receive text messages that include **short surveys**, opportunities to provide **feedback** on workplace conditions, and access to **curated newsletters** with the opportunity to submit and have their specific **COVID or vaccine questions** answered by leading medical experts.

—EWHSN

*To join the study, text 'EssentialWorker' to 83071.*

## Key Survey Findings



15%

Percentage of study participants who have had, or think they have had, COVID-19

Stat #1

# Key Survey Findings - Continued

## Vaccination Rates are High Among Survey Participants

COMPARED TO NATIONAL AVERAGE FOR ADULTS WHICH IS 67% FOR AT LEAST ONE SHOT.

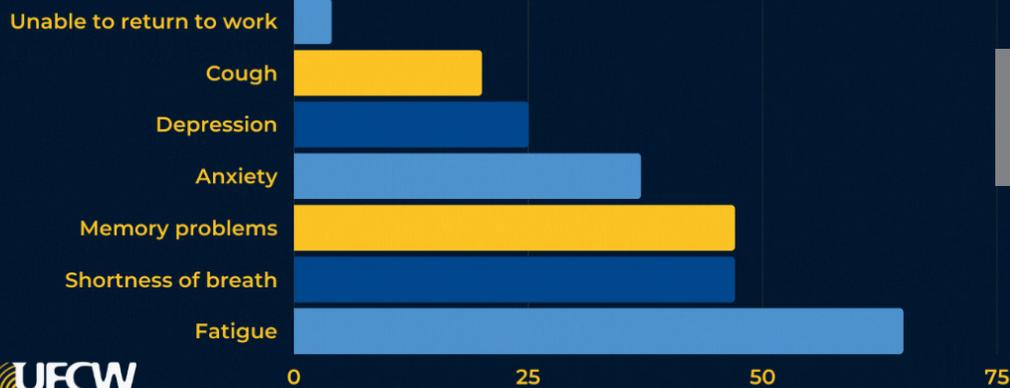
Stat #2

82%



## Long-term Symptoms May Occur After Having COVID-19

28% OF PARTICIPANTS WHO HAD COVID-19 REPORT NOT BEING FULLY RECOVERED



Stat #3





**Dr. Alison Freifeld, MD**

*Professor, Department of Internal Medicine for the University of Nebraska and Director, Section of Oncology Infectious Diseases for Fred & Pamela Buffett Cancer Center*

**Question:** “I work in a grocery store where it’s a vacation spot, so it’s very busy with people from all over the U.S. and other countries. I’m still wearing my mask at work. I discussed this with my own doctor but would like your thoughts, as well.”

**Dr. Alison:** “The vaccines are all very effective at preventing serious COVID-19 illness that can lead to hospitalization, ICU care, or even death. In fact, they reduce the risk for symptomatic COVID-19 by 94% among those fully vaccinated, including severe illness requiring hospitalization. If you are fully vaccinated and in fairly good health (no immune system suppression), then you are well covered by the vaccine and at very low risk for acquiring COVID-19 illness.

Because no vaccine is 100% effective (there have been some cases of mild COVID-19 illness in vaccinated people) and due to the increasing rate of the Delta variant virus causing problems in areas across the U.S., it is a good idea to wear a mask in selected circumstances even if you are vaccinated, especially if you are indoors with a lot of other people, like in stores, restaurants, or using public transit.

## Ask. Dr. Alison

**Have questions about COVID-19 or any of the vaccines? We’ve reached out to one of the nation’s leading infectious diseases experts to address your concerns.**

It’s time to be more cautious since we know that the Delta variant is significantly more contagious than prior strains of the virus, and that vaccinated people can still catch it and pass it along.

People who are not vaccinated should absolutely wear a mask when indoors with other people. This is to protect themselves as well as other people from catching the virus. Of course, the best thing for them to do is to get vaccinated!”

**Question:** “Will the vaccine that we have recently received protect us from the new variant?”

**Dr. Alison:** “Yes, the Delta variant virus, which now accounts for over 80% of cases in the U.S., is covered by the mRNA vaccines produced by Moderna and Pfizer. If you have been fully vaccinated (2 shots) with either of these vaccines, then you are well-protected. There is some data indicating that the Johnson and Johnson (J&J) vaccine is not as effective against this variant virus; however, scientists are evaluating whether a 2nd shot of any available vaccine is effective for protection after the first J&J vaccination.”

**Question:** “Will the COVID-19 vaccine cure COVID-19 if a person already has the virus?”

**Dr. Alison:** “No, getting the vaccine during COVID-19 illness will not cure it. In fact, there is no ‘cure’ for most viral infections, but there are treatments available that may

*People who are not vaccinated should absolutely wear a mask when indoors with other people.*

— Dr. Alison Freifeld, MD

reduce the severity of the illness in people who are already infected. Most available treatments are for patients who are sick enough to be hospitalized. It is best to receive the vaccine as soon as possible, when you are well, to prevent severe illness and ongoing transmission that is fueling the pandemic surges.

The COVID-19 vaccines are a very powerful and effective PREVENTION against becoming infected with the COVID-19 virus and therefore, prevention against getting sick.”

—EWHSN

**To Ask Dr. Alison your COVID or vaccine question, text ‘AskDrAlison’ to 83071 for survey participants only**

*The answers provided above include the best information known at the time of publishing.*