

Essential Worker Health Survey Newsletter

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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

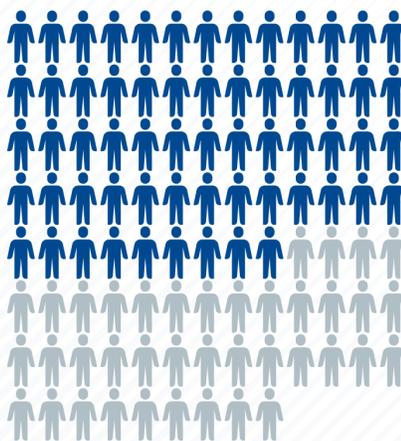
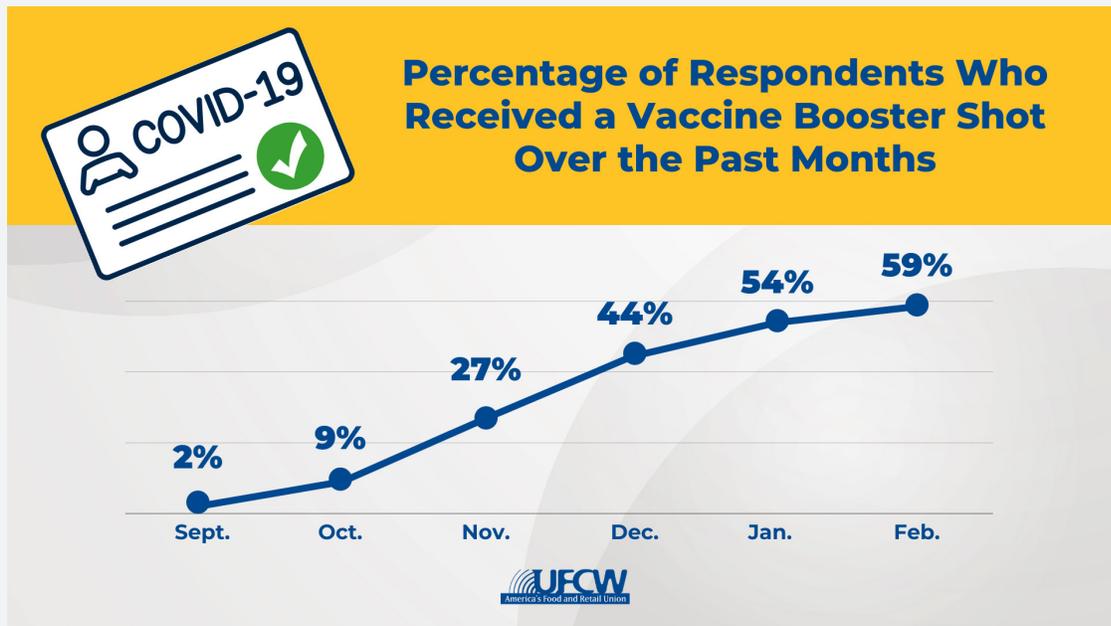
Percentage of Employers Enforcing Safety Measures Against COVID-19 Over the Past Months



Stat #1

Key Survey Findings – Continued

Stat #2



Stat #3

If You Haven't Already, Order Your Covid Test Today at COVIDtests.gov



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: Mask mandates are about to end in my state. Should I wear one anyways?

Dr. Alison: The good news is that COVID-19 infection rates have declined sharply in many areas, which has led the CDC to adjust its mask recommendations depending on COVID-19 levels and risks where you live in the United States.

Levels can be low, medium, or high risk in your county and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases. Under the new guidance, more than 70% of Americans live in communities where wearing masks is no longer required by the CDC. [Find your county status now.](#)

If you live in a community with low or medium levels, you can decide to use a mask based on your individual risk or that of your close contacts such as young children, unvaccinated, elderly, or immunocompromised household members. Children are no longer required to wear masks at school in low or medium risk communities. If you have a medical condition that may put you at higher risk for severe COVID-19 illness (for example, diabetes, COPD,

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.

heart disease, HIV, cancer, lupus, rheumatoid arthritis or have had an organ transplant) you should talk to your healthcare provider if you need continue to take the extra precautions of wearing a mask indoors.

If you live in a high-risk level county, masks should still be worn in public settings like schools, public transportation, supermarkets, gyms, and other indoor areas. Please remember, masks are still required on planes and in airports throughout the U.S., and private businesses or buildings can still require masks on their premises.

Question: I've been holding off vaccinating my kids and the info out there is confusing. Is it safe?

Dr. Alison: The vaccine is very safe for children. We know this because it has been given to millions of kids in the United States and the information about side-effects and safety is carefully monitored.

So far, only the Pfizer vaccine has been approved (by Emergency Use Authorization) for children 5-17 years old. Like adults, children can often experience mild side-effects post injection, including fever, tiredness, chills, and pain at the injection site. Mild heart inflammation, lasting 1-2 days in most cases and causing no long-term damage or health problems, have been reported very rarely. Spacing out the first two vaccine doses by 8 weeks (instead of 4 weeks) has been shown to reduce the rare chance of getting heart

inflammation. Any vaccine – including the Pfizer COVID-19 vaccine – may cause a [severe allergic reaction](#), but this is exceedingly rare.

Children are as likely to be infected with COVID-19 virus as adults and although it is less common for them to get very ill, it still happens. At this point, over 650 children 5-18 years old have died due to COVID-19 in the U.S. and it is ranked within the top 10 causes of death in this age range for the past year, per the CDC. Because we can't predict which children will have mild or very severe illness, getting your kids vaccinated is a safer way to protect them from getting sick with COVID-19. Vaccination also reduces the chance that children will spread the virus. I definitely recommend getting your kids vaccinated and boosted as soon as you can!

—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.