

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**.

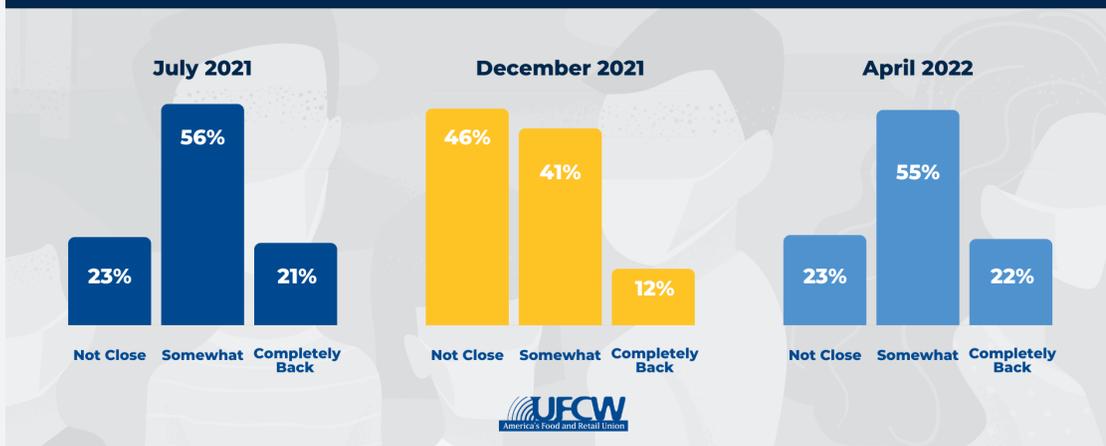
Every month, participants of this groundbreaking study will receive text messages that include **short surveys**, opportunities to provide **feedback** on workplace conditions, and access to **curated newsletters** with the opportunity to submit and have their specific **COVID or vaccine questions**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

—EWHSN

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

Key Survey Findings

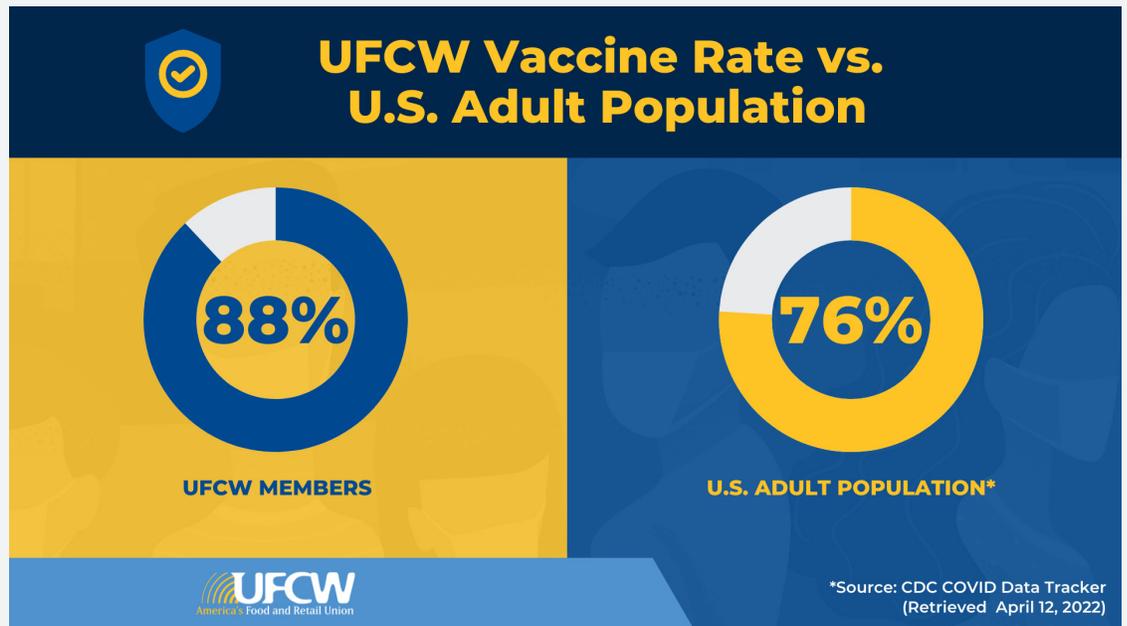
Percentage of Survey Participants Who Think Their Day-To-Day Life Is Back to Normal Compared to Before the COVID-19 Pandemic?



Stat #1

Key Survey Findings – Continued

Stat #2



Is There Anyone, Including You, in Your Household Who Is at Higher Risk for Severe COVID Illness?



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: Can vaccines prevent long COVID?

Dr. Alison: Being vaccinated is very likely to help reduce the risk of long COVID. Long COVID is a syndrome in which some people continue to experience symptoms, such as fatigue, shortness of breath, headaches, and trouble with memory and concentration weeks or months after an initial COVID illness. Up to 30% of people may experience one or more of these symptoms for months after an infection. A large Israeli study recently showed that vaccinated individuals were much less likely to report long COVID symptoms than those who were unvaccinated. Fully vaccinated participants who experienced “breakthrough” COVID-19 infections were over 50 to 60% less likely to report headaches, fatigue, and muscle pain than their unvaccinated counterparts.

We do know that being fully vaccinated will strongly lower the chance of getting severely ill during the initial COVID-19 illness and being hospitalized

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.

as well as requiring oxygen, intubation, or a ventilator. So, there are many great reasons to get vaccinated – your health and your life may depend on it.

Question: How do vaccines affect fertility?

Dr. Alison: COVID vaccines do not affect fertility at all, and thousands of women have become pregnant after receiving the COVID vaccines. The largest professional organization of obstetricians and gynecologist in the US recommends that EVERYONE should get a COVID-19 vaccine, including those who are pregnant, postpartum, breastfeeding, or planning a pregnancy.

There is also no evidence that any vaccines, including the COVID-19 vaccines, cause male fertility problems.

Question: What can I do to protect myself while case numbers are low?

Dr. Alison: This is a great question because we are all breathing a collective sigh of relief now that the community spread is at its lowest point in two years, but we want to continue to be cautious. The good news is that we are seeing high levels of protective immunity in the U.S. population, from both

vaccinations and infections, so the risk of severe disease, hospitalization, and death from COVID-19 is greatly reduced for most people.

Infection rates vary by area so make sure to check the [CDC COVID Tracker website](#) to find out if your community is experiencing low, medium or high level of transmissions.

But generally, you should remain cautious about attending events where large groups of people gather indoors and wear a mask, especially if either you or a household member are immunocompromised or at risk for severe disease. If you do develop suspicious symptoms, have a plan for rapid testing either with a home kit or at a test site, then isolate yourself if you test positive.

—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.