

# 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

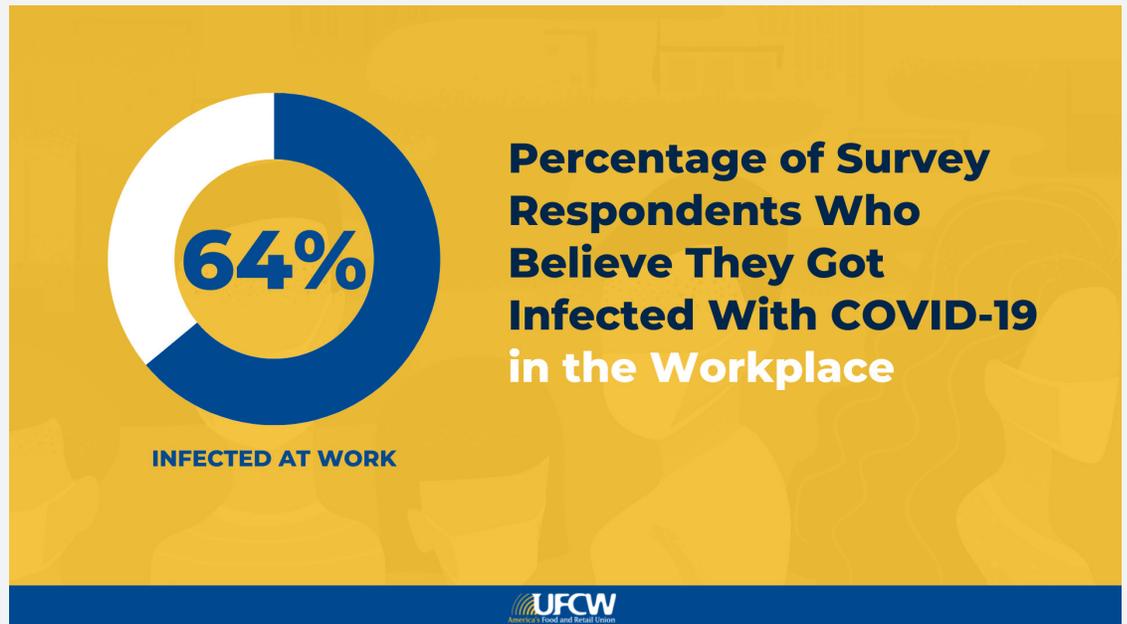
### Survey Respondents Ranked Safety Measures Employers Should Prioritize if There is Another COVID-19 Surge

1. Hazard Pay
2. Additional Paid Sick Leave
3. Customer Safety Measures Enforcement
4. Mask Mandate
5. Booster Mandate
6. On-Site Testing
7. Social Distancing

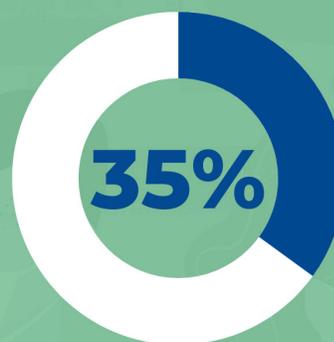


# Key Survey Findings – Continued

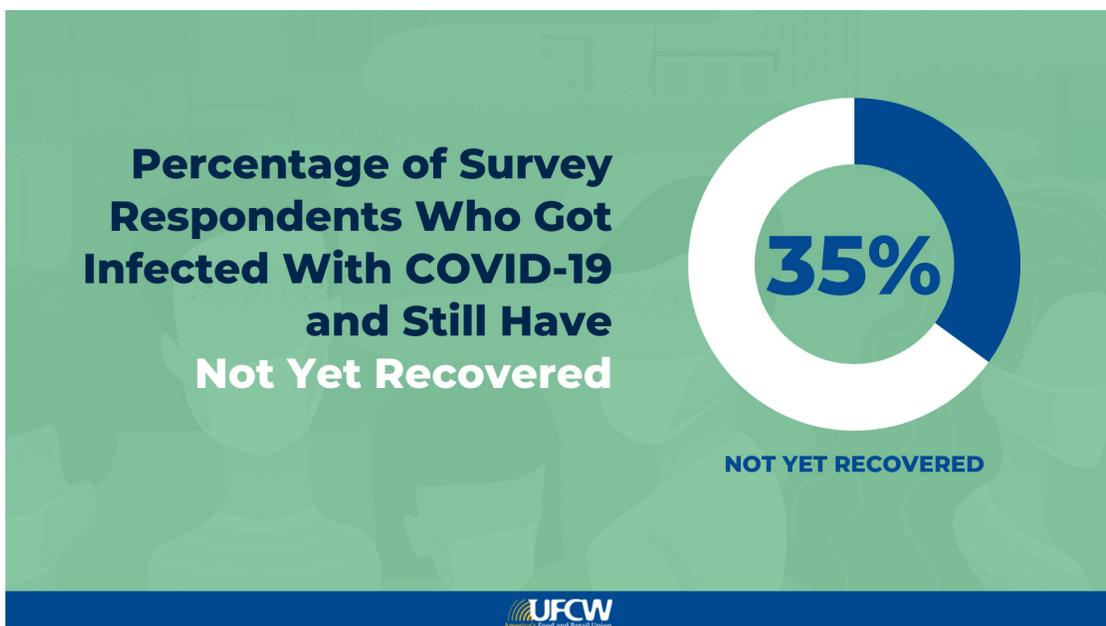
*Stat #2*



**Percentage of Survey Respondents Who Got Infected With COVID-19 and Still Have Not Yet 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:** My store is taking down COVID-related safety measures, how do I stay safe?

**Dr. Alison:** Getting vaccinated with a minimum of 3 shots of an approved COVID-19 vaccine is the best way to remain safe from becoming severely ill if you catch the virus. COVID-19 vaccines do not necessarily prevent you from getting a mild case of the disease, but we know that people who are vaccinated have a much lower risk of getting severe illness, being hospitalized, or dying.

Up-to-date vaccination means receiving 2 doses of the Pfizer or Moderna vaccine initially (primary series) about 4-8 weeks apart, and then a 3rd (booster) shot at least 5 months after the second dose in the primary series. The booster shot may be a different product from the primary series for adults. Adults over age 50 and those with underlying immune system weaknesses are eligible for a 4th dose. A 4th shot (2nd booster) is highly recommended now, as cases of COVID-19 are starting to rise again in some areas of the U.S.

If you are not fully vaccinated or have a weakened immune system, continue wearing a well-fitting mask (N95s and KN95s are recommended) during times when you are indoors in public places, like riding public transportation or shopping in a store at peak hours.

Finally, it's helpful to watch the CDC website to see if COVID-19 cases are rising

# 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.*

in your community. Here is the CDC site to help you check on your community level of COVID-19:

[CDC - COVID-19 Community Levels](#)

**Question:** Pandemic has been rough on my mental health, what can I do to help myself?

**Dr. Alison:** If you are feeling stressed after the two-year pandemic, you are not alone! A lot of people still feel upset and anxious about the pandemic, even though the COVID-19 transmission levels seem much lower than they were this past winter. But the truth is that the COVID-19 virus is probably going to continue to be a problem for the foreseeable future.

To help cope with the continued COVID-related stress, we recommend for you to:

- Limit or avoid the news if it causes you to feel more stress and anxiety
- Focus on positive things in your life that you can control
- Exercise, eat healthy, read or try meditation, yoga, listening to music, being in nature as ways to keep stress under control
- Talk about your feelings to loved ones or friends

Here are some sites that have additional resources that can help:

[MentalHealth.gov - COVID Help](#)

[CDC - Mental Health Resources](#)

[CDC - Stress and Coping Resources](#)

**Question:** Why am I and not my spouse still experiencing symptoms when we had COVID months ago?

**Dr. Alison:** Most people recover fully within a few weeks after getting COVID with no lasting effects. "Long COVID"

refers to the roughly 1 in 5 who will have ongoing or new medical problems starting at the 4-week mark or later. A very wide variety of symptoms may persist including fatigue, shortness of breath, irregular heartbeat, headaches, dizziness, depression, and problems with memory, and concentration.

Anyone who has had COVID infection is at risk for long COVID. However, people who experienced a severe COVID illness, are 65 or older, suffer from type 2 diabetes, or who have an already weakened immune system, are particularly at risk. Unvaccinated people are also at higher risk of developing long COVID as opposed to those who were vaccinated and had breakthrough infections.

If you do experience problems a month or more after getting infected, it is best to talk to your medical provider to know how to manage the symptoms and to get properly evaluated for any other medical issues that might cause similar symptoms.

—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.**