

On the Front Lines

UFCW acts to protect workers' health and address economic impacts of coronavirus

UFCW 8-Golden State members understand the importance of their health as well as the health of their families and the communities we serve.

To this end, we are working with the employers to ensure the highest standards of food safety.

We are also communicating the most current, medically-approved strategies to our members to help ensure their own safety, as well as the public's safety (see other side for recommendations from HMC HealthWorks).

Economic protections

Meanwhile, the United Food and Commercial Workers International Union has called for immediate action by the White House and Congress to implement policies to ensure workers – salaried

and hourly – do not have to choose between their health and making ends meet.

Nearly 80 million American workers – or 59 percent of the entire U.S. work force – are hourly employees who only get paid for the hours they work.

As the financial impact of the coronavirus is felt across every community, these hardworking men and women are on the front lines.

The UFCW is urging our nation's elected leaders to develop immediate policies to ensure workers – salaried and hourly – do not have to choose between work and their health.

These policies should not only protect workers against financial loss (from loss of hours or job loss), but should further ensure workers seek out immediate medical attention if they feel sick or believe they



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have been exposed to the coronavirus.

Now, more than ever, it is time we all focus on what matters most – protecting our families, our communities and this nation.

Top policy priorities for the UFCW include:

- At least two weeks of paid sick leave for all workers;

- Extension of unemployment benefits for workers temporarily laid off or whose work hours have been disrupted;
- Payroll tax cuts for all lower- and middle-income workers; and
- Protection against unfair termination or discrimination for those suspected of being exposed to the virus.

This current concern underscores the advantages to all communities when workers have a Union contract guaranteeing Union-negotiated sick leave and comprehensive health care, among other major benefits.

Stay informed, stay vigilant, and always remember...

Solidarity Works!



Stay informed! Scan this QR code with your smartphone to enroll for updates from your Union.

CORONAVIRUS DISEASE (COVID-19) DON'T PANIC, PREPARE



To date, 80% of COVID-19 cases have been mild. However, **you should prepare for the likely increase of outbreaks throughout the U.S.** Just as you prepare when there is a bad weather forecast, or other emergencies you should prepare for the likely increase of COVID-19 outbreaks throughout the U.S. **Don't panic – but do prepare.**



HOW CAN I STAY HEALTHY?

Wash your hands as soon as you walk through the door. **Wash hands frequently or use hand sanitizer - make sure it contains at least 60% alcohol. Avoid touching your face, eyes and nose.** This will decrease your risk of contracting the virus by 30-50%. **Scrub your hands for at least 20 seconds** – sing the “Happy Birthday” song twice. **Cough into your elbow and be sure to throw out your used tissues,** since they might have virus particles on them.



SHOULD I STOCK UP ON FOOD AND MEDS?

Stock up on certain products now. Purchase nonperishable foods to carry you and your family for a couple of weeks. **Stock up on your go-to sickbed foods, like chicken or vegetable broth and crackers and hydrating drinks.** You want to avoid crowds to minimize your risk of catching the disease. If you take **daily medications, make sure you have enough to last a couple of weeks.** Also, have **fever reducers like acetaminophen or ibuprofen.**



ARE SPECIAL CLEANING SUPPLIES NEEDED?

We still don't know exactly how long COVID-19 can survive on surfaces. We know from other coronaviruses that most household cleansers – such as **bleach wipes or soap and water— will kill them. Thoroughly wipe down surfaces that are touched frequently.**



WHAT ABOUT FACE MASKS?

The science on whether it's helpful to wear a face mask out in public is mixed. It depends on what kind of mask you are wearing and whether you use it correctly. Talk to your doctor. **Experts agree that wearing a mask is a good idea if you are caring for a sick person or if you are sick, so you can reduce the chances that you'll infect others.**



WHAT TO DO ABOUT WORK?

If you are sick, you should stay home. If there is an outbreak in your community talk to your boss about your job and how that would impact your ability to do it.



WHAT'S THE PLAN IF YOU GET SICK

If you show early signs of illness – like a fever or a dry cough you should call your doctor's office but don't necessarily head straight to the emergency room or urgent care, where you might infect others. **Seek immediate help if you're having trouble breathing, or if you're dehydrated.**



DO YOU HAVE A PLAN FOR KIDS AND OLDER RELATIVES?

Start figuring out now what you would do if day care centers or schools start closing because of an outbreak. **Do you have a backup childcare plan in place?** Think about if an **out of town loved one gets sick.** How will you **get care for them?** It would be wise to reach out now to friends or neighbors who might be able to help in such situations.