



COVID-19 Fatigue

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on

www.easternalliance.com, or contact your Risk Management Consultant for assistance

1.855.533.3444

In early 2020 when COVID-19 first emerged in the United States we hunkered down. We refused to leave the house, rescheduled doctors' appointments, and even limited our trips to the grocery store. However, as the long days passed, those days turned into long weeks, into months, and now over a year and we became a little stir crazy like the rest of the world. As life began to return back to normal we became comfortable with the circumstances, we would occasionally forget to wear a mask, and ignore the extra hand sanitizing station or hand washing recommendations. It is important to remember Coronavirus doesn't take a day off.

What is COVID-19 Quarantine Fatigue?

After being in a quarantine and COVID-19 phase since March of 2020, some of you might be growing weary or ignoring the precautions put in place to slow the spread of COVID-19. The sense of urgency in managing the health emergency may have faded, and you could find yourself becoming impatient or tired of complying with the health and safety guidelines officials have put in place.

At work we find ourselves eating closer in the break room, crowded around a conference table, holding more in-person meetings, improperly wearing masks, forgetting to put the mask on and even walking by the sanitizing stations. At home we are attending birthday parties, festivals, concerts, shopping and even planning for that next vacation. Fear of COVID-19 no longer seems to be enough motivation to keep life from moving on.

On the other hand, you may still be concerned, but begin to feel hopeless, as if no amount of measures can keep you and your loved ones safe from exposure. As a result, the regular sanitizing you do in your workplace and homes declines, or you occasionally forget to wear a face mask when running in and out. Others may expand the number of people they spend time with in person, or forego all precautionary measures altogether. Many Americans miss the way life was before the pandemic, and feel an overwhelming eagerness to go back to normal.

Why It's Important to Resist Quarantine Fatigue

As co-workers, neighbors, and community members; we must recognize that we are all in this together, and it takes cooperation from everyone in your facility, neighborhood, and community to decrease the spread of COVID-19. We must remain vigilant and recognize that COVID-19 still exists. It continues to impact individuals, families and businesses. While the masks are hot and uncomfortable, our hands are dry and cracked from frequent hand washing, we've experienced the awkward moment of no hand shake, and we could all use a hug, we must not allow ourselves to become complacent at work or at home.

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This information is proprietary and is intended to assist you in your safety efforts. It must not be assumed that every unsafe condition or procedure has been covered in this document, nor that every possible loss potential, and legal violation has been identified herein. This document is not a substitute for the establishment of risk management programs by your management.



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We must remind ourselves to protect our lives and the lives of others. It is important to continue with day-to-day operations and also keep worker and family safety a priority. We risk an increase in cases, loss of lives, as well as repeated lockdowns and further shutdowns of local businesses and schools if we do not follow guidelines. Let us all strive to continue to be better together and let those changes start in you. Practice the 3 W's – Wear your mask, Watch your distance and Wash your hands.

How to Avoid Quarantine Fatigue

Below you will find a few suggestions to aid in working through quarantine fatigue to stay vigilant in protecting your employees and loved ones.

- Staying informed with trusted and reliable resources, such as local health official mandates and the Centers for Disease Control and Prevention (CDC) website.
- Take care of yourself and educate your employees on the importance of eating a nutritionally balanced diet, exercise, and to get appropriate amounts of sleep and practice self-care.
- Hold each other accountable in maintaining precautions to avoid catching or spreading the disease.
- Practice the 3 W's – Wear the mask, Wash your hands, and Watch your distance. It is important to remember that COVID-19 is still spreading, and everything that we do at the individual level affects our communities as a whole.