

Coronavirus updates



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We are well into the worst health crisis that our generations have ever faced.

You have been sending in many messages expressing concerns, ideas and recommendations on how we need to change operations to make sure that you have the best chance possible to avoid contracting the virus.

President Rolando has continuously been bargaining with the employer over all elements of how this affects you at work and at home. Stand-up talks have been modified by agreement to make sure that we are on the same page in our message.

A mechanism to make sure that stand-up talks are, in fact, given is developing. This comes from years

of frustration that the employer, at the headquarters level, issues a “mandatory stand-up talk” (SUT) that had no mechanism to follow up and enforce. To make sure that the stand-up talks are given, they are all forwarded to your national business agents, requesting that they in turn forward those talks to your branch leadership so that they may make them available to you through your union stewards. We cannot count on management alone to get these messages to you on the front line in every work location throughout this country.

The main page of the nalc.org website scrolls through a number of topics. Click on the coronavirus page and it will take you to our dedicated “COVID-19” page. The contents of that page include all the messages from President Rolando, links to the new memorandum of understanding (MOUs) bargained over issues relating to safety and implementation of the Families First Coronavirus Response Act (FFCRA).

Copies of the above referenced stand up talks are posted on the “COVID-19” page as well as on my “Safety and Health” page. The information is there to make sure it is getting to you.

Sheltering in place

While we navigate this most troubling time, many of you are affected by the shelter-in-place orders that require most of our families to stay at home unless they too are essential employees who can continue with the work they do.

Sheltering in place maximizes opportunities to slow down the spread of the disease; however, it creates a number of challenges for which we may not be prepared. Our pre-COVID-19 life consisted of almost everyone leaving the

nest to go to school or work, socialize and have fun.

We generally are unable to visit with others, and this alone takes an emotional toll on many of us. The difficulties experienced by families in such conditions are challenging and need new solutions. Socializing turns to web-based chatting. Learn to use those available tools so that you can maximize visiting with your friends. Find ways for your children to do the same.

The cdc.gov coronavirus portal has a section titled “Daily Life and Coping,” which includes two key sections to address the need of our children.

The first is titled “Keep children healthy,” and includes the following:

- Watch your child for any signs of illness
- Watch for signs of stress in your child
- Teach and reinforce everyday preventive actions
- Help your child stay active
- Help your child stay socially connected

The second is titled “Caring for Children.” This section guides you on keeping children healthy, both physically and emotionally, with a number of ideas. In the section titled “Help children continue learning,” the following topics are covered:

- Stay in touch with your child’s school
- Create a flexible schedule and routine for learning at home
- Consider the needs and adjustment required for your child’s age group
- Look for ways to make learning fun.

Each of the topics above have a number of examples.

This is a tough time for all and the littlest among us may not understand why they can’t go to school and be with their friends. Sit back, take a breath and ask yourselves how you would have reacted at their age. We have the rear-view mirror of life that gives us experience. Put your thinking caps on and find out what each of your family members needs, and then work on a solution together.

In closing, we have suffered the first of what we fear will be many deaths of our union brothers and sisters to this disease. Pray for them and their families.

EAP services

Our national EAP Service Provider is preparing a number of resources to assist during this crisis. Reach out to EAP by calling 1-800-EAP-4YOU (800-327-4968); TTY: 877-492-7341. You can also surf the USPS EAP website EAP4YOU.com. The main page for the EAP resources provides a link to connect you with help related to this crisis.

All services are confidential.
Keep an eye on each other.