



# WisCon Words of Wisdom

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## WI COVID-19 by the Numbers

Total Positive Cases	1,393,058
Total Deaths	12,790
Total Individuals Hospitalized	59,739

[DHS's Wisconsin Summary Data](#)

Numbers Updated 03/31/2022

## WI COVID-19 Vaccine Distribution by the Number of Doses

Total Administered	9,387,255
Johnson & Johnson	344,405
Moderna	3,544,617
Pfizer	5,498,233

Check out the [latest data about Wisconsin's progress!](#)

## Upcoming Webinar Topics

COVID-19 Update	4/6
Driver Safety in 5 Minutes	4/11
Bloodborne Pathogens Disinfectants	4/18
Heat Stress	4/25

Sign up [here](#) for weekly webinar reminders! Click [here](#) to view previous webinars!

## Severe Weather Awareness Week: April 4-8, 2022

This year the State of Wisconsin's annual Tornado and Severe Weather Awareness Week falls on April 4-8<sup>th</sup>. Two state-wide tornado drills are scheduled for April 7<sup>th</sup> at 1:45 p.m. and 6:45 p.m. You can find more information on [ReadyWisconsin](#).

Now would be a great time to remind your employees on the difference between a tornado watch and a tornado warning.

A **Tornado Watch** means you should be prepared. The weather conditions make it possible for a tornado. You can continue normal activities, but remain alert and monitor the situation.

A **Tornado Warning** means that a tornado has been identified. You should take shelter immediately.

To look at it another way, think about a tornado like you would a taco. When you have all of the ingredients in the kitchen, you only have a taco watch until you put all of those ingredients together. Once you have it assembled: Warning! – we have a taco.

Procedures for how your facility handles tornadoes should be included in your Emergency Action Plan. This plan must be in writing unless you have 10 employees or less.

Don't have a plan? Check out [OSHA's Evacuation Plans and Procedures eTool](#) to create one.

## Spotlight Corner — Kelsi Berlinghof

Kelsi is one of our practiced consultants and has been providing safety-focused consultation services for the last 5 years. Kelsi has a Bachelor of Science degree in Environmental Health and Safety from Illinois State University. She is also a Certified Safety Professional. Before working with WisCon, Kelsi completed an Internship with the Milwaukee Area OSHA Office where she learned the agency's goals and objectives by participating in enforcement related inspections at both General Industry facilities and Construction jobsites. Growing up about 20 minutes from the Wisconsin border, Kelsi has spent much of her life exploring the state.



## Long COVID: Knowing the Facts

### What is it?

Long COVID is one type of post-COVID condition. Long COVID is sometimes called PASC (post-acute sequelae of SARS-CoV-2 infection) or long-term COVID-19. Some people with long COVID call themselves "long-haulers." People with long COVID experience new, returning, or ongoing symptoms long after they had COVID-19.

### Who can get it?

Anyone who had COVID-19 can get long COVID, even children, young adults, and those who were not very ill when they had COVID-19.

### What are some symptoms?

We are still learning about long COVID, but symptoms are physical and mental health problems that can be ongoing or develop four or more weeks after having COVID-19. Post-COVID conditions can affect many parts of the body. Symptoms can include,

but are not limited to: shortness of breath, chest pain, trouble sleeping, difficulty thinking, concentrating, or remembering things (brain fog), depression or anxiety, headache, loss or change of smell or taste, dizziness on standing, fast-beating or pounding heart, and symptoms that get worse after physical or mental work.

### Is there a treatment for long COVID?

There is currently no proven treatment for long COVID. Health care providers can provide care to reduce symptoms of long COVID.

### What should I do if I have long COVID?

You can get medical care at Post-COVID Care Clinics throughout Wisconsin. You can also talk with your doctor or a health care provider about your long COVID symptoms. If you do not have health insurance or need help finding a doctor or mental health support, call or text 211. Visit DHS's Webpage on [COVID-19: Post-COVID Conditions](#) to find more long COVID information.

## Distracted Driving and Work Zone Awareness

As far as road work is concerned, it's been said that we have two seasons, Winter and Construction. With our winter season ending it seems fitting that April is Distracted Driving Awareness month and [National Work Zone Awareness week](#) falls on April 11-15 this year.

In recent years the use of handheld devices while driving may have decreased due to state laws particularly in work zones and technological advances including Bluetooth, Apple Car Play, Android Auto, adaptive cruise control, and etcetera – but that doesn't mean drivers are no longer distracted. The [Wisconsin DOT](#) estimates that thousands of crashes occur in work zones every construction season.

We, as drivers, must do our part to keep our roadways safe. In work zones, we should:

- Eliminate distractions,
- Slow down,
- Watch for workers, and
- Give them space.

Employers and employees working in road construction work zones must also make efforts to increase safety on the job. The following are some road construction safety tips to keep in mind.

- Ensure employees are properly trained.
- Have a Competent Person on-site.
- Set up a proper perimeter around the work site.
- Increase worker and work site visibility.
  - Require employees to wear high-visibility clothing.
  - Use lighting in the evening or whenever it is hard to see.
- Wear appropriate personal protective equipment.
  - Examples include hard hats, safety glasses, safety boots, and hearing protection.
- Control Traffic.
  - Post traffic signs to prepare drivers for changes.
- Use caution when operating heavy machinery.
  - Watch for blind spots.
- Be aware of your surroundings.
  - Watch for moving vehicles and equipment in your work area.
- Stay hydrated.

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