

## To All Addus Caregivers:

Fatigue is a word we are hearing more and more in conjunction with how we are feeling as it relates to the current, seemingly unrelenting worldwide pandemic and the impact that it is having on our personal and professional lives. The various lockdowns and restrictions that have been imposed to help reduce the transmission of the virus have significantly altered many of our daily activities, such as work, school, social activities, church, etc. I personally struggle with pandemic fatigue and find it increasingly hard to keep up with what day of the week it is as they all seem to run together. I have to constantly remind myself that now is definitely not the time to give up or give in. Statistics and an increasing body of scientific research shows that social distancing and wearing a face mask are important strategies in slowing down the spread of the COVID virus. Additionally, daily pre-screening (including temperature checks) and self-quarantine after an exposure and if symptoms appear are important elements in the strategy to reduce the spread of the virus.

Last Wednesday brought the highest number of cases of reported COVID infections since mid-August according to the Wall Street Journal. Experts believe the virus is now invading the more rural areas of the country, where there was previously little virus activity. We are seeing something similar within the Addus family as the majority of cases being reported internally are coming from our more rural markets.

Each of you are involved in taking care of one of the most vulnerable populations in the communities we serve, not only as it relates to underlying conditions but also in surviving a COVID infection. Please remember that the decisions you make outside of the work environment can have a profound effect on not just yourself, but also the patients we serve and your friends and family. We need to continue to be diligent in the ongoing fight against this virus by following the below best practices:

- Wear a mask
- Wash your hands
- Use hand sanitizer (60% alcohol) until you can get to soap and water to wash
- Social distance
- Avoid crowds
- Pre-screen before you begin your day, including daily temperature checks

Pandemic fatigue brings feelings of resignation, which can lead to recklessness, fatigue is steadily replacing the fear we experienced when the pandemic first began. When you couple pandemic fatigue with the desire to return to a normal life the result is a surge in cases as people relax their defenses. We are still in the midst of the battle against COVID and we need to remain ever vigilante to not give into pandemic fatigue.

There is a light at the end of the tunnel and I am confident that it's not the proverbial train and will arrive relatively soon in the form of even more effective treatments and ultimately a safe and effective vaccine. In the meantime, let's continue to be a positive role model in each of our communities in the fight against the spread of the virus.

**Brad Bickham,**  
**Chief Operating Officer**