RETURNING TO WORK WITH ADRENAL INSUFFICIENCY

If you cannot work remotely, the CDC has guidelines for returning to the workplace as safely as possible for healthy people as well as those with chronic illnesses. Unfortunately, data is limited regarding those of us with adrenal insufficiency.

We are more at risk of having severe complications from COVID-19 due to a lack of some natural killer cells. As with any high-risk population and those who live with or care for them, extra precautions have to be taken when being in the workplace.

Below is a summary of guidelines:

Check with your employer:

- Have they installed barriers to minimize the number of people you come into contact with?
- Do they have enhanced cleaning measures in place?
- How is the health of the office ventilation equipment?
- Are work areas set up for social distancing – 6 feet apart from other workers?

What you can do:

- Wear a mask
- Request virtual meetings as opposed to face-to-face meetings.
- Wash hands often especially after coming into contact with restrooms, handling your mask, and before touching your face.
- Stay at least 6 feet apart from coworkers.
- Keep hand sanitizer nearby.

The more time you spend with someone who may be infected, the greater your risk of becoming infected yourself. Please minimize contact as much as possible. Avoid sharing other peoples’ objects and equipment like phones, desks, and work tools. If you cannot avoid it, please sanitize it after you use it.

Keep an extra supply of corticosteroid medications, an emergency injection kit, your medical identification, and an NADF emergency wallet card with you at all times. Take your temperature daily. If you do not feel well, stay home. Seek medical help if you have signs and symptoms of COVID-19.