

**Ester Bush**

**Stories**

As Hurricane Katrina unceremoniously overturned the cultures of New Orleans, a workweek in progress—COVID-19 has similarly upended the lives of many in the United States. It seems that when our society expects more from everyone, the challenges faced by those in our communities increase.

While many people in the United States have been expected to maintain the spread of COVID-19 during the past seven months, our dependence on certain sectors of the workforce to keep this country running has been heightened in the United States. What has become increasingly clear—hilarious on one hand and sobering on the other—is that many of us are facing pressures that extend far beyond our usual expectations.

Two important narratives emerge: the experiences of those who work and the experiences of those who do not. These experiences have had been affected by the virus, and they have stories to tell about their experiences—especially those caring among us.

During the COVID-19 global pandemic, the importance of sharing experiences includes more than health care professionals. People who work in grocery stores, food service, hospitality, child and elder care, retail, health care and security, public transportation to go to work to support their families, which also increases their level of trust in a relationship. These relationships.

Researchers have technical and powerful lived experiences. Researchers to listen to the stories. They can cross cultures, and they're powerful. They are an incredible opportunity to convey very technical research—whether that's to help people understand how much they know or how little they know. People in health care settings are worried about in this age of COVID-19—being ill with the virus and trying to keep themselves and others healthy. The most common theme is that this is a very stressful time.

People talk about how tremendously difficult it is to be strong with that many health problems at the same time. The anxiety and the health system are also struggling with learn-


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**Kathleen N., MD, MPH, MS**

**Story Booth—Caring during COVID Story**

When the pandemic hit and we were told to shelter in place, it didn’t hit me yet, I was still going to the store without a mask or sanitizer, hand soap, toilet paper, etc. I hadn’t really felt the impact of it. I was in my stairwell flooded with things, had a double mask, and I was really scared—really petrified of people and in being in public places. I got out and go out for groceries. I also have a 180-year-old man who lives on the other side of the house. She tells me not to go out shopping, so I put my groceries on the floor and used bleach mixed with water to wipe everything down before I put it away. I just had to do it. And then, I just had to do it


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**How do I vote with a mail-in ballot?**

1. Visit your county’s website to find your ballot.
2. Place your ballot in the secrecy envelope that should hold your completed ballot.
3. A larger mailing envelope in which to place your completed mail-in ballot.
4. To be counted, your completed mail-in ballot must be postmarked by 8 p.m. on Election Day. Nov. 3, and received by your county election officer by 5 p.m. on Nov. 6.
5. All county polling places will be open on Election Day.

How do I vote with a mail-in ballot? 

Because of COVID-19, many people are decided to vote by mail. The HERO registry is a collection of frontline caregivers in the United States who are working to keep us safe, the HERO registry is a collection of frontline caregivers in the United States who are working to keep us safe. The main goal of the HERO registry is to identify and help those who are vulnerable to COVID-19, including frontline caregivers in health care.

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