

CovidStraightTalk.org

COVID-19 Safety Survey with Recommendations

Overview

About this Survey

COVID Straight Talk Lab designed this survey in collaboration with scientists to help essential workers cut through the clutter on COVID-19 safety, and find recommendations tailored to their specific working conditions. We received input on the Get M.A.D. Survey from several reviewers, including [United 4 Respect, Professor Lydia Bourouiba](#) at MIT and our advisor [Professor Kevin Van Den Wymelenberg](#).

This survey was deployed as an interactive quiz using TypeForm on CovidStraightTalk.org. We've provided a .pdf version of the survey below to serve as a starting point if you need to survey workers as well. **Please note, the content of the survey hasn't been adjusted since February of 2021**, and so any content may be out of date.



The M.A.D.+ Survey

Last Updated February 28, 2021

Intro

The M.A.D. Workplace Safety Survey for Workers

This survey will take 3 minutes. At the end of this survey, you will get personalized tips on how to get M.A.D. (Masks, Air, and Distance) and stay safe from COVID-19 in your workplace. Your responses to questions will help provide a full picture of working conditions but your email, name, or any other identifying information will never be shared with anyone.

Section 1 Setting Module

1. We're going to start with some general questions.
 - a. Have you ever been tested for COVID-19?
 - Yes, I've been tested for COVID-19 and I tested positive
 - Yes, I've been tested for COVID-19 and I tested negative
 - No, I've never been tested for COVID-19
 - Other

 - b. What is your current employment situation?
 - I have a part-time job
 - I have a full-time job
 - I am unemployed with furlough (skip to A)
 - I am unemployed without furlough (skip to A)
 - I am an independent contractor
 - Other (specify)

 - c. Where do you currently spend most of your time at work? (select all that apply)
 - At my home (skip to A)
 - At another person's home
 - At a school
 - In an office building
 - In a building with a lot of public activity (eg, airports, hospitals, mass transit)
 - In a warehouse/factory
 - Inside a restaurant or bar
 - In a retail store environment
 - Outdoors (skip air module)
 - I split my time between home and another building



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- I work at home, but I am planning to return to a physical space
- Other (specify)
- d. How many minivans would fit in the room where you spend most of your time at work?
- e. Where is your workplace located?
 - Urban city center
 - Urban
 - Suburban office park
 - Suburban
 - Rural
- f. Where is your home located?
 - North America
 - Central America
 - South America
 - Europe
 - Africa
 - Asia
 - Australia
 - Caribbean Islands
 - Pacific Islands
 - Other
- g. If North America: What is the ZIP code where you live? (number input)
 - Description: We're collecting zip codes to understand how to best direct resources to areas that have been most underserved by the public health system.
- h. If North America: What is the ZIP code where you work? (number input)
- i. How do you commute to and from work?
 - Bus
 - Train
 - Car (my own)
 - Carpool
 - On foot
 - Other
- j. What race do you identify as? (open end)

Section 2 Policy Module

2. Now we're going to ask some questions about your workplace policies

- a. Which of these statements accurately describe the COVID-19 safety measures currently being taken at your workplace?



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- I fill out a daily online survey of current health
 - I'm required to take my temperature at home before reporting to work
 - My temperature is taken daily onsite
 - My employer provides regular COVID-19 testing at frequent intervals
 - Wearing a mask is mandatory at work
 - If I need to stay home to take care of family members with COVID-19, I get paid leave
 - I work outside
 - I have the option to work from home
 - My workplace policies haven't changed
 - Other
- b. How has your schedule changed due to COVID-19?
- My shifts are shorter
 - My shifts are longer
 - My shifts are staggered
 - I rotate working from home and working onsite
 - I work more hours
 - I work fewer hours
 - It hasn't changed
 - Other
- c. What has your employer told you will happen if you have symptoms of or test positive for COVID-19?
- If I exhibit symptoms, I will be tested
 - If I exhibit symptoms, I will be sent home with pay
 - If I exhibit symptoms, I will be sent home without pay
 - I don't know. They haven't told us anything
 - Other
- d. Have any of your co-workers tested positive for COVID-19?
- Y/N (if Y, go to 1j, if N, skip to m)
- e. How many people in your workplace have tested positive for COVID-19?
- Number input
- f. If positive: How did you find out someone in your workplace tested positive for COVID-19?
- I tested positive and reported it to my workplace.
 - My coworker tested positive and management updated me and my coworkers.

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- I found out on social media.
 - I found out on the news.
 - Other (specify)
- g. If positive: What did your employer do as a result of someone in your workplace testing positive for COVID-19?
- Text field
- h. How often are the people around you shouting or singing loudly in the course of your work?
- Always, Often, Sometimes, Rarely, Never
- i. How often are the people around you speaking in the course of your work?
- Always, Often, Sometimes, Rarely, Never
- j. How many co-workers do you have in your workplace?
- It's just me
 - 1-9
 - 10-49
 - 50-249
 - 250+

A: Message if unemployed from 1a or if works from home from 1b:

Thank you for your time. This survey is intended for people who work outside their home. If you're looking for resources, here's a guide on [how to care for people with COVID](#) at home.

Section 3 Masking Module

3. Now, let's talk about masks! Masks are still your first and best defense against COVID-19.
- a. Which of these face coverings does your workplace provide?
- N95
 - KN95
 - Surgical mask
 - Cloth mask
 - Gaiter
 - My workplace doesn't provide face coverings (skip to C)
 - Other
- b. How often do you receive a new mask/face covering?
- Once per shift



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- Once every 3 days
 - Once per week
 - Once every two weeks
 - Never
- c. Select all the ways you wear a mask when at work:
- Covering my mouth, nose, and chin
 - Covering my mouth only
 - Under my chin
 - Dangling from my ear
 - On my forehead
 - I don't wear a mask at work
- d. What prevents you from wearing a mask over your mouth, nose, and chin at all times while at work? (text field)
- e. What kinds of fit issues do you have with your mask?
- Gaps at the sides or around the bridge of my nose (2.1)
 - Slips off my nose (2.1)
 - Moves when I talk
 - Slips off my ears (2.2)
 - Hurts my ears (2.2)
 - Fogs my glasses (2.3)
 - Doesn't fit snugly under my chin (2.1)
 - It doesn't fit over my facial hair (2.4)
 - Digs into and/or irritates my skin
 - It's hard to breathe
 - It just feels uncomfortable overall
 - I sweat alot when wearing it
 - None (my mask fits perfectly)
 - Other (specify)
- f. How often are you around people not wearing masks?
- Always
 - Often
 - Sometimes
 - Rarely
 - Never

Section 4 Air Module

4. Now, let's talk about Air. COVID-19 can hang in the air for a long time, so keep the air moving. To learn more about how COVID-19 is transmitted through indoor spaces, check out this informational [interactive](#) and show your employer too!
 - a. What kind of airflow is in the room where you work? There are two different kinds of vents. Supply vents push air into a space, and return vents pull air out of a space. You can use a ribbon and a pencil to figure out where supply and return vents are in your workplace.
 - I work outside
 - I work in a room near a supply vent with 100% outside air
 - I work in a room near a filtered air supply vent
 - I work in a room near an unfiltered air supply vent
 - I work in a room near a return vent
 - I work in a room with no air vents or ducts
 - I don't know
 - b. Does your workplace keep windows and doors open?
 - Always
 - Often
 - Sometimes
 - Rarely
 - Never
 - c. What kinds of fans do you have in your workplace?
 - Ceiling fan
 - Box fan
 - Desk fan
 - Tower fan
 - Pedestal fan
 - Industrial exhaust fan
 - Other
 - There aren't any fans in my workplace
 - d. How humid or dry is the air in your workplace? (slider bar)
 - Input on five point scale

Section 5 Distance Module

5. Finally, let's talk about Distance.
 - a. How many days a week do you go to work outside of your home? (number input)



- b. How many hours is your longest work shift outside of your home in a given week? (number input)
- c. What hours do you work?
 - Daytime
 - Afternoon
 - Evenings
 - varies
- d. How often are you within 6 feet (2 meters) of someone while you're at work?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
- e. What is the average number of people in the room with you while you are working? (number input)
- f. What is the average number of people in the same building as you while you are working? (number input)
- g. What is the average number of people within 6 feet (2 meters) of you during your commute? (pipe in response from commute question)
- h. How many bathrooms are in your building? (number input)
- i. How many break rooms are in your building?
- j. Is there anything that prevents you from maintaining physical distance (of at least 6 feet) from others while you are at work? If so, please describe it: (text field)

Section 6 Closing

- 6. Is there anything else you'd like to share with us about your workplace?
- 7. Do you have any questions about COVID-19 that you are having a hard time getting a straight answer on? We'll review your questions and add it to our FAQ that we'll post in mid-November.

Recommendations

- 8. That's it for the survey! We have several recommendations for you based on your answers.
 - a. Masks



- If 2a = None, or 2b = never/ once every two weeks, once a week or 2c = I don't wear a mask
 - You said you aren't regularly getting masks from your employer, or aren't wearing one at work. Wearing a mask is essential to protecting yourself and your coworkers. Here are some questions to ask your employer:
 - a. Where are you buying masks?
 - b. Why did you choose to supply these particular face coverings?
 - c. How much is the budget for buying masks?
 - Is this recommendation helpful?

- If 1e is not home and 1e is not outdoors
 - You responded that you're working in indoor spaces. We recommend that you mask all the time when you're indoors. Getting a good seal on your mask is the best way to stay safe.
 - Is this recommendation helpful?

- If 2c includes any that are not mouth, nose, chin
 - You responded that sometimes you wear your mask on your chin/forehead/dangling from an ear/nose exposed. Wearing your mask in any of these ways risks contaminating the inside of the mask with virus particles on your skin.
 - [Here's a guide on how to properly mask.](#)
 - **Is this recommendation helpful?**

- 2.1 You said you were having issues with gaps at sides or bridge of nose, here's a video with some tips for getting a better fit.
 - <https://www.youtube.com/watch?v=s3Y26UGulrI>
 - For DIY/Makerspace solutions, check out [Mask Fitters](#)
 - **Is this recommendation helpful?**

- 2.2 You said you were having issues with your ears, here's a video with some tips for getting a better fit.
 - **Is this recommendation helpful?**
 - <https://www.youtube.com/watch?v=n6AtRbph2Lw>

- 2.3 You said you were having issues with your glasses fogging up when you put on a mask, here's a video with some tips for getting a better fit.
 - **Is this recommendation helpful?**
 - <https://www.youtube.com/watch?v=mP33EaAEFL0>

- 2.4 You said you were having issues with your facial hair, here's a video with some tips for getting a better fit.
 - For DIY/Makerspace solutions, check out the [Mask Fitters](#)
 - **Is this recommendation helpful?**
 - <https://www.youtube.com/watch?v=Cd05mnbiXEw>
- 2.5 You said you were having issues with skin irritation when wearing a mask, here's an article with some tips for getting a better fit.
 - **Is this recommendation helpful?**
 - <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-tips-to-avoid-maskne-skin-irritation>

b. Air

- If 3a = I work in a room near an unfiltered air supply vent, I work in a room near a return vent, I work in a room with no air vents or ducts, or I don't know
 - You answered that you work in a place with unfiltered air or a room with no return vent or a room with no vents or ducts at all. Or you may have answered that you don't know.
 - Here are some questions to ask your employer to find out more about the safety of the air at your workplace.
 - a. **What is the source of the air supply in the workplace?**
 - i. 100% outside air
 - ii. Recirculated filtered air (MERV-13+)
 - iii. Recirculated filtered air (below MERV-13)
 - iv. No fresh air or only unfiltered air
 - b. **Has the HVAC system been updated for COVID-19?**
 - i. MERV 13+ and HEPA filters are considered the best options for filtering virus particles from the air. Are these filters being used? How often are they being changed?
 - ii. Is the HVAC set to high refresh?
 - iii. "High refresh" or "Economy" mode brings in more outdoor air, helping clean the inside air
 - c. **Can I bring in my own in-room filter or a fan with a filter on it?**
 - Here is an [Air Vent Hack](#) to find out or confirm if you have a supply and/or return vent in your workplace.
 - An easy way to add some air filtration to your space is to attach minimum-efficiency reporting value, or MERV 13+, air filters to a box fan. It is a relatively inexpensive way to boost air filtration if an air purifier is out of your budget or unavailable. [Here are some directions!](#)

- If 3b= sometimes/rarely/never
 - You shared that you sometimes, rarely, or never are around open windows at work. Opening windows and doors increases the fresh air in a room and breaks up virus-carrying clouds. Are you in a work setting where there are doors to the outside air or windows? If so, ask your employer:
 - a. Can we open windows and doors?
 - Opening windows is a great start, but what you really want to know is if it's allowing outdoor air into the room so that you're not spending time in a stagnant air zone. [This Airflow Bubble Test](#) will help you understand the way air moves around your workspace.
 - If the Airflow Bubble Test shows that opening your windows alone does not draw in fresh outside air, try making an [Indoor Wind Tunnel](#).

- If 3c = 1, 2
 - You shared that the humidity in your workplace is low. Viral particles float in the air longer in spaces with very low humidity. Prolonged exposure to low humidity can dry out your nose and weaken your immune system. Keeping the air at 40-60% humidity is one way to reduce COVID risk. If you can't afford a humidifier, [here is an inexpensive hack](#).

c. Distance

- If 4b > 3 or 4c = sometimes, often, always
 - You shared that you are working shifts longer than 4 hours. Limiting your exposure to others, especially indoors, is essential COVID care. Working shorter shifts is one way to reduce your risk. Ask your employer:
 - a. Can we move my workspace or perform certain tasks outdoors?
 - b. Can I work more days from home?
 - c. How can we reduce the amount of time we work in close proximity to one another
 - d. Can I divide my time into shorter shifts?

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Closing

Thanks for taking the M.A.D. Workplace Safety Survey. Where should we email you your recommendations?

9. Would you like us to add you to our mailing list to get updates when we update Covid Straight Talk with more resources?

If you found this survey helpful, please share it with your friends and coworkers. Here are some additional resources for you to [reduce your risk of getting COVID-19 in your workplace.](#)

<https://www.covidstraighttalk.org/>

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