



NURSES!
PREPARE NOW FOR A POSSIBLE JOB ACTION!

Here are steps you can take NOW to be ready in case of a strike:

1. Take stock of your financial situation. Fill out a budget, reduce what expenditures you can, and try to save a little out of each paycheck- starting today! Consider setting up a strike savings account today. Use your regular bank or a credit union such as:
 - Healthcare Employees Mid-Atlantic Federal Credit Union:
301-588-1860, www.hemafcu.org
2. Postpone major purchases. If you can get by without the new TV, refrigerator, or car, wait until the contract is settled.
3. Reduce your debt on any credit cards if you can, and avoid making new purchases with them.
4. Keep bills current. Creditors are more willing to be flexible with members who have paid on time in the past.
5. Stock up on food and medicine.
6. Health Insurance: Use your health, optical and dental insurance NOW to get checkups for yourself and your children. Typically, when an employee quits or is fired, they have benefits to the end of the month. In the case of a strike, the hospital may not continue to pay health insurance premiums. The hospital will notify you in the case if they elect not to pay health care premiums and you would have 60 days to elect to use COBRA plus another 45 days to make a first payment. The hospital automatically sends out to COBRA information about the date of benefit termination and at whatever point you start with COBRA, you would be retroactively covered from the time of benefit termination.
 - WHC benefits info: 703-558-1300
 - COBRA: 877-279-7959, www.cobrainsurance.net
 - More info about COBRA: www.dol.gov/dol/topic/health-plans/cobra.htm
7. Go to Occupational Health to request your health records so that you will be prepared to apply for agency work if needed. They will charge you \$1.00 and it takes 10 days to do this, so request it now in person or by fax.
 - Occupational Health: phone 202-877-7015, fax 202-877-8118
8. Make sure your CPR/BLS is up to date and have a copy of your card on hand.

9. Keep in mind that you must renew your DC nursing license by June 30, 2010. Striking will not affect your renewal. You need 24 hours of continuing education credit, available from CE Direct.

- CE Direct: lms.nurse.com
- DC Board of Nursing: hpla.doh.dc.gov 202-724-4900

10. Apply to agencies so you will have the option to earn income while on strike.

- Nursefinders: www.nursefinders.com, 866-294-2322
- Alliant Staffing: www.alliantstaffing.com, 301-654-1002
- Progressive Nursing: www.progressivenursing.com, 877-750-1012
- Contemporary Healthcare Solutions: www.rnstaffing.com, 888-767-4968

Agencies tend to request the following information:

- Physical and vaccination information
- TB/PPD results
- CPR/ACLS and any other additional certifications
- Resume
- Two clinical references or past performance evaluations

11. Attend union meetings, support your co-workers and show management that you intend to stick together! Make sure NU has your email address, read the updates we send you, and check out the website. Email NU to get involved!

- Nurses United: www.nursesunited.org, nursesunitedorg@aol.com