Lessons Learned from Covid-19 in Lithuania

Over-the-counter Medication Use during Pandemic:

Key messages:
- Opportunities for telemedicine.

During the pandemic, almost a fifth of the respondents were (2-3 times weekly) had more than tripled, from 2,4% to 9,2%. The use of nonprescription medication increased during the COVID-19 pandemic compared to before the onset of the pandemic (p < 0,001). The use of nonprescription medication increased during the pandemic (p < 0,001). The use of nonprescription medication increased during the pandemic compared to before the pandemic. Regular nonprescription medicine use (2-3 times weekly) had more than tripled, from 2,4% to 9,2%.

A near two-fold increase in the prevalence of anxiety and insomnia before and during the COVID-19 pandemic. The rapid and articulated responses made it possible to achieve effective results. In the pandemic context, where travel restrictions were put in place, surveillance for Religious MG should be always implemented. Surveillance is crucial to prevent further spreading of infectious disease related to a religious MG events. Surveillance for Religious MG should be always implemented. In the pandemic context, where travel restrictions were put in place, surveillance for Religious MG should be always implemented. The Church Bodies has to be promoted for specific surveillance in place. In order to promote public health actions as risk control. It has meant that to date mortality is below 1% and that for the time being the situation is under control. In the pandemic context, where travel restrictions were put in place, surveillance for Religious MG should be always implemented. The rapid and articulated responses made it possible to achieve effective results.

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Background:
Psychological and social factors related to work activity can improve or deteriorate the physical and mental health of employees. Since the COVID-19 pandemic, the psychological well-being of workers has been strongly affected. Particularly, jobs with isostrain characterized by high work demands and low work control, coupled with low social support, place employees at highest risk for poor mental health. We aimed to assess the factors associated with isostrain among employees in the tourism sector in Sousse.

Methods:
A cross-sectional study was conducted between September and November 2020 among tourism workers belonging to 12
hotels and restaurants in Sousse, Tunisia, using a self-administered questionnaire. 'Isostrain' was assessed using the Karasek questionnaire. 'Isostrain' is a situation where there is a combination of 'jobstrain' ('tension at work') and low social support (score below the median of the group). SPSS 20 software was used to analyze the data.

**Results:**
A total of 226 workers were included. The mean age was 38.2 ± 9.6 years. The sex ratio was 2.7. The majority of employees (64.8%) were working at workplace during COVID-19 lockdown. The prevalence of isostrain was 5.4%. Isostrain was reported by 5.7% of women (p = 1). All workers older than 50 years did not have isostrain (p = 0.6). Moreover, isostrain was found among 6.6% of workers with less than 5 years of work experience (p = 0.4), 4.8% of married employees (p = 0.7), and 7.6% of employees with a university education (p = 0.53).

**Conclusions:**
Isostrain can affect employees in the tourism sector. Social support should be promoted among workers to ensure good mental health.

**Key messages:**
- Prevalence of isostrain in tourism sector of Sousse during COVID-19 pandemic is quite high.
- Preventive strategies of mental health should be promoted at workplace in Tunisia.