

Keeping Yourself and Others Healthy



National Beef is committed to providing a safe and healthful work environment for all employees. Staying up to date on the latest information about COVID-19 and other communicable diseases, and taking the necessary precautions can have a positive impact on you, your family and your entire community.

This information will be regularly updated as additional details are available. Please check back frequently for the latest information.

This information is provided by the Centers for Disease Control and Prevention (CDC) and other government sources listed here:

If you have further questions about COVID-19 or other communicable diseases, please contact your human resources representative.

SOURCES:

- Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/>
- Missouri Department of Health and Senior Services: <https://covidvaccine.mo.gov/facts/>
- Kansas Department of Health and Environment: <https://www.coronavirus.kdheks.gov/284/COVID-19-Vaccine>

What is a communicable disease?

A communicable disease is an illness caused by an infectious agent that can be transmitted from one person to another. Examples of communicable diseases that may circulate in public spaces include COVID-19, norovirus, seasonal influenza, tuberculosis, acute respiratory infections, and gastrointestinal infections.

How can I stay healthy at work?

- Face masks and face shields are available to employees and guests at no cost to use to minimize exposure to communicable diseases such as COVID-19.
- Hand sanitizing stations are located at facility entrances, in break rooms and other



locations throughout the plant following traffic flow patterns. Hand washing stations are located at various points in the production areas and employees are required to wash their hands, equipment, and/or PPE throughout the day as needed. Bottles of hand sanitizers are supplied to offices (as requested), or personal supplies can be used.

- Regular sanitation protocols are in place and are routinely reviewed and updated in accordance with applicable Standard Operating Procedures (SOPs). These protocols provide for routine cleaning and disinfecting of work surfaces, equipment, tools and machinery with approved chemicals.
- Heating, ventilation, and air condition (HVAC) engineers have assessed National Beef's facilities to ensure adequate ventilation.

If I get sick, should I stay home from work?

National Beef follows updated guidelines from the CDC and local health departments with respect to quarantine for COVID-19 and other communicable diseases. Employees must follow their HR policy for return to work of exposed and recovered employees as well as criteria for exclusion of sick workers. If an employee is prohibited from working and must stay home due to a mandated quarantine required by a government agency or by National Beef, the employee will receive no attendance penalty. The condition must be verified by an independent lab test.

What does it mean now that COVID-19 is no longer a public health emergency?

[May 11, 2023](#), marked the end of the federal COVID-19 public health emergency (PHE) declaration. Though COVID-19 is no longer a public health emergency, it is still important to take the necessary precautions to keep yourself and others healthy. As of now, most tools, like vaccines, treatments, and testing, will remain available. But, some tools, like certain data sources and reporting, will change.

- Vaccines will remain available
 - Access to COVID-19 vaccines will generally not be affected for now. The U.S. government is currently distributing free COVID-19 vaccines for all adults and children. To help keep communities safe from COVID-19, HHS remains committed to maximizing continued access to COVID-19 vaccines.
 - COVID-19 vaccines are subject to the deductible and/or coinsurance deductible unless the provider chooses to provide them at no cost.
- COVID-19 at-home tests may not be covered by insurance
 - Insurance providers will no longer be required to waive costs or provide free COVID-19 tests.
 - At-home COVID tests supplied by National Beef will continue to be free of charge (maximum of 4 tests).
 - Tests given at a medical facility will be subject to any applicable copay, deductible, or coinsurance.



- Treatments will remain available
 - Medication to prevent severe COVID-19, such as [Paxlovid](#), will remain available for free while supplies last. After that, the price will be determined by the medication manufacturer and your health insurance coverage.
- National reporting of COVID-19 may change
 - We have the right data for this phase of COVID-19 that will allow us to understand what's happening with the virus in America in real-time. Simply put, while what we have going forward will be different, it will still allow CDC, local public health officials and the members of the public to understand COVID-19 dynamics at the community level.

How can I continue to protect myself and others against COVID-19?

COVID-19 vaccines are effective at protecting you from getting sick. Though, it is also important to remember these things to continue to keep yourself and others safe:

- Avoid close contact with people who are sick
- If you are feeling sick, stay home and get tested for COVID-19
- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect frequently touched objects and surfaces

VACCINE & BOOSTER RECOMMENDATIONS

COVID-19 vaccines and boosters remain the best public health measure to protect people from COVID-19 and reduce the likelihood of new variants emerging. While COVID-19 is no longer a public health emergency, being aware of what options exist to you will help keep you and those around you healthy.

Because of its importance, National Beef wants you to have facts from government experts about COVID-19, so you can make an informed decision about receiving the vaccine and booster series. Throughout this document, unless otherwise specified, vaccine includes primary series, booster shots and additional doses for those who need them.

Should I get a COVID-19 vaccine?

It is highly recommended that you get a COVID-19 vaccine. [COVID-19 vaccines have been proven safe and effective](#). They help protect you from getting and spreading the virus that causes COVID-19 and can help keep you and others from getting seriously ill if you do get COVID-19.



Is there a recommended primary series vaccine?

There are two recommended vaccine options available in the United States; [Pfizer-BioNTech and Moderna mRNA COVID-19 vaccines](#). The [Novavax protein subunit COVID-19 vaccine](#) is also available for people 12 years and older who are unable or choose not to get an updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

[Johnson & Johnson's Janssen COVID-19 vaccine](#) has expired and is no longer available for use in the United States as of May 6, 2023. People who [first received a Novavax or J&J/Janssen COVID-19 vaccine](#) are recommended to get an updated COVID-19 vaccine (Pfizer-BioNTech or Moderna).

Who is eligible to receive a COVID-19 vaccine?

Currently, everyone 6 months and older are eligible to receive a vaccine. See below for a breakdown on recommendations for each vaccine type.

[Pfizer-BioNTech Vaccine:](#)

Age: [6 Months-4 Years](#)

• **Recommended dose(s):**

- 1st Dose: Pfizer-BioNTech updated vaccine
- 2nd Dose: Pfizer-BioNTech updated vaccine (3-8 weeks after 1st dose)
- 3rd Dose: Pfizer-BioNTech updated vaccine (At least 8 weeks after 2nd dose)

• [For children aged 6 months-4 years who got the original Pfizer-BioNTech COVID-19 vaccine:](#)

- **3 doses** of the original Pfizer-BioNTech COVID-19 vaccine should get 1 updated Pfizer-BioNTech vaccine.
- **2 doses** of the original Pfizer-BioNTech COVID-19 vaccine should get 1 updated Pfizer-BioNTech vaccine.
- **1 dose** of the original Pfizer-BioNTech COVID-19 vaccine should get 2 updated Pfizer-BioNTech vaccines.
- **2 doses** of the original Pfizer-BioNTech vaccine and a 3rd dose of the updated Pfizer-BioNTech vaccine are not recommended to get another updated vaccine.

• **Up to Date:** Immediately after getting the last updated dose based on prior vaccination history listed above. Learn more about [children who got the original vaccine](#).

Age: [5 Years](#)

• **Recommended dose(s):**

- 1st Dose: Pfizer-BioNTech updated vaccine, regardless of whether or not they've received any original COVID-19 vaccines.

• [Children aged 5 years who got the original Pfizer-BioNTech COVID-19 vaccine](#)

- **1 or more doses** of the original Pfizer-BioNTech COVID-19 vaccine should get 1 updated Pfizer-BioNTech vaccine.

• **Up to Date:** Immediately after getting 1 updated dose. Learn more about [children who got the original vaccine](#).



Age: [6 Years and Older](#)

- **Recommended dose(s):**

- 1st Dose: Pfizer-BioNTech updated vaccine, regardless of whether or not they've received any original COVID-19 vaccines.

- **Up to Date:** Immediately after getting 1 updated dose. No additional dose beyond receiving the updated vaccine is recommended at this time unless you fall into the categories below.

- **Optional additional dose:** [People aged 65 years and older](#) may get 1 additional dose of a Pfizer-BioNTech or Moderna updated vaccine 4 or more months after the 1st updated COVID-19 vaccine.

- [People who are moderately or severely immunocompromised](#) may get 1 additional dose of an updated COVID-19 vaccine 2 or more months after the last updated COVID-19 vaccine. Talk to your healthcare provider about additional updated doses.

[Moderna Vaccine:](#)

Age: [6 Months-5 Years](#)

- **Recommended dose(s):**

- 1st Dose: Moderna updated vaccine
- 2nd Dose: Moderna updated vaccine (4–8 weeks after 1st dose)

- [For children aged 6 months-4 years who got the original Moderna COVID-19 vaccine:](#)

- **2 doses** of the original Moderna COVID-19 vaccine should get 1 updated Moderna vaccine.
- **1 dose** of the original Moderna COVID-19 vaccine should get 1 updated Moderna vaccine.
- **2 doses** of the original Moderna vaccine and a 3rd dose of the updated Moderna vaccine are not recommended to get another updated vaccine.

- [For children aged 5 years who got the original Moderna COVID-19 vaccine:](#)

- **2 doses** of the original Moderna COVID-19 vaccine should get 1 updated Moderna or Pfizer-BioNTech vaccine.
- **1 dose** of the original Moderna COVID-19 vaccine should get 1 updated Moderna or Pfizer-BioNTech vaccine.
- **2 doses** of the original Moderna vaccine and a 3rd dose of an updated vaccine are not recommended to get another updated vaccine.

- **Up to Date:** Immediately after getting the last updated dose based on prior vaccination history listed above. Learn more about [children aged 6 months-4 years](#) and [children aged 5 years](#) who got the original vaccine.

Age: [6 Years and Older](#)

- **Recommended dose(s):**

- 1st Dose: Pfizer-BioNTech updated vaccine, regardless of whether or not they've received any original COVID-19 vaccines.



- **Up to Date:** Immediately after getting 1 updated dose. No additional dose beyond receiving the updated vaccine is recommended at this time unless you fall into the categories below.
- **Optional additional dose:** [People aged 65 years and older](#) may get 1 additional dose of a Pfizer-BioNTech or Moderna updated vaccine 4 or more months after the 1st updated COVID-19 vaccine.
- [People who are moderately or severely immunocompromised](#) may get 1 additional dose of an updated COVID-19 vaccine 2 or more months after the last updated COVID-19 vaccine. Talk to your healthcare provider about additional updated doses.

[Novavax Vaccine:](#)

Age: [12 Years and Older](#)

- **Recommended dose(s):**

- 1st Dose: Novavax primary series
- 2nd Dose: Novavax primary series (3-8 weeks after 1st dose). Learn more about the [2nd dose](#).
- 3rd Dose: Pfizer-BioNTech or Moderna updated vaccine (At least 2 months after 2nd primary series dose. Learn about the [Novavax booster](#).

- **Up to Date:** Immediately after getting the Novavax doses approved for your age group.

* You may get a Novavax booster if you are unable or unwilling to receive a Pfizer-BioNTech or Moderna updated COVID-19 booster and you meet the following requirements:

- You are 18 years of age or older
- You completed a COVID-19 vaccine primary series at least 6 months ago
- You have not gotten any other COVID-19 vaccine

Novavax is not authorized as a booster dose at this time for teens aged 12-17 years.

If I already had COVID-19, do I have natural immunity? Why do I still need to get vaccinated?

[You should get a COVID-19 vaccine even if you already had COVID-19.](#) Getting a COVID-19 vaccine after you recover provides added protection against COVID-19. You may consider delaying your vaccine by three months from when your symptoms started or, if you had no symptoms, when you received a positive test. People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

How long does protection from a COVID-19 vaccine last?

Scientists are monitoring how long COVID-19 vaccine protection lasts. [Recent data](#) shows that one dose of the updated COVID-19 vaccine better protects you against more serious illness, hospitalization and death. People who have received the updated COVID-19

vaccine in recent months are better protected against severe illness from COVID-19 than those who have not gotten it.



VACCINE & BOOSTER SAFETY

Are the COVID-19 vaccines safe?

COVID-19 vaccines are [safe](#) and meet the Food and Drug Administration's (FDA's) rigorous scientific standards for safety, effectiveness, and manufacturing quality.

Can I get COVID-19 from the vaccine?

[No](#). COVID-19 vaccines that are currently available do not use the live virus that causes COVID-19. These vaccines work by using a harmless piece of spike protein from the virus causing COVID-19 to teach the body how to fight the virus that causes it. The body then gets rid of the harmless spike protein within a few days after vaccination.

Do the vaccines cause side effects?

Adults and children may have [some side effects](#) from a COVID-19 vaccine, including pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever, and nausea. [Serious side effects](#) are rare but may occur.

Should I receive a vaccine if I am immunocompromised?

Yes. If you are [moderately or severely immunocompromised](#) (have a weakened immune system), you are at increased risk of severe COVID-19 illness and death. As with vaccines for other diseases, you are protected best when you stay up to date with your COVID-19 vaccines.

Should I receive the vaccine and booster if I am currently pregnant or breastfeeding?

COVID-19 vaccination is recommended for all people aged six months and older. This includes [people who are pregnant](#), breastfeeding, trying to get pregnant now, or those who might become pregnant in the future.

I have severe allergies. What ingredients are in the vaccines?

Vaccine ingredients vary by manufacturer. None of the vaccines contain eggs, gelatin, latex or preservatives. All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium and rare earth alloys. They are also free from manufactured products such as microelectronics, electrodes, carbon nanotubes or nanowire semiconductors.

What do I need to know about the variants of COVID-19?

New [variants](#) of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.



VACCINE & BOOSTER AVAILABILITY

How can I find a COVID-19 vaccine and booster near me?

Please text your ZIP code to 438829, call 1-800-232-0233 or [find a vaccine](#) near you.

Is the vaccine free? Is the booster free?

[Yes](#), as of June 15, COVID-19 vaccines are paid for with taxpayer dollars and are given free of charge to all people living in the United States, regardless of health insurance or immigration status. This is projected to change when the current vaccine surplus is exhausted. Please check back to this document for updates.

Can I get a vaccine at work?

Please talk to human resources about the opportunity to get your COVID-19 vaccine. We have partnered with various local healthcare providers and healthcare authorities to secure vaccine accessibility for National Beef employees and will work with you to assure you can get a vaccine.

How do I know which sources of COVID-19 information are accurate?

It can be difficult to know which sources of information you can trust. [Learn more about finding credible vaccine information.](#)