

COVID-19 Vaccine Information

Your choice to get vaccinated can have a positive impact for you, your family and our entire community.

Because of its importance, National Beef wants you to have facts from government experts about the COVID-19 vaccine, so you can make an informed decision.

Included below are brief answers to commonly asked questions about the COVID-19 vaccine. This information is provided by the Centers for Disease Control and Prevention (CDC) and other government sources listed here:

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>

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

If you have questions about the vaccine for National Beef team members, please contact your human resources representative.

VACCINE SAFETY

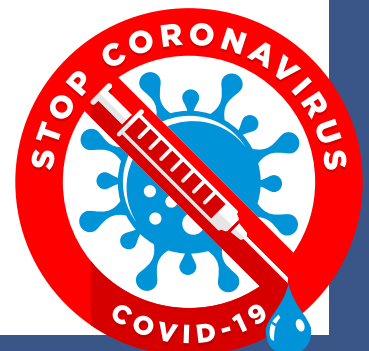
NEW! CAN I GET THE VACCINE IF I AM IN QUARANTINE DUE TO AN EXPOSURE WITH A POSITIVE COVID-19 CASE?

If you have had a known COVID-19 exposure, [you should not seek vaccination until your quarantine period has ended](#) to avoid potentially exposing healthcare personnel and other people to COVID-19 during the vaccination visit.

NEW! I HAVE SEVERE ALLERGIES. WHERE CAN I FIND INFORMATION ON THE VACCINE INGREDIENTS?

For a full list of ingredients for both the Moderna and Pfizer COVID-19 vaccines, please see each vaccine's Fact Sheet for Recipients and Caregivers:

- [Pfizer-BioNTech COVID-19 vaccine](#)
- [Moderna COVID-19 vaccine](#)



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VACCINE SAFETY

ARE THE VACCINES SAFE?

The vaccines are [safe](#). The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used today have been tested and meet the same standards as other vaccines. The CDC and FDA continue to monitor the safety profiles of these vaccines.

DOES THE VACCINE CAUSE SIDE EFFECTS?

The vaccines may cause [side effects](#) in some people like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. Having these types of side effects does NOT mean that you have COVID-19.

CAN I GET COVID-19 FROM THE VACCINE?

No. None of the authorized and recommended COVID-19 vaccines in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with the virus.

HOW MANY DOSES SHOULD I EXPECT?

Currently, the two authorized and recommended vaccines to prevent COVID-19 in the United States both need two shots to be effective, separated by either 21 or 28 days. The first shot gets your body ready. The second shot makes sure you have full protection. When you are vaccinated, you will be informed when to return for your second shot.

DO I HAVE TO GET THE SAME VACCINE FOR THE FIRST AND SECOND DOSES?

Yes, patients must receive the same vaccine for both the first and second doses. Your vaccination provider will give you a vaccine card stating the manufacturer name and other critical information you will need for a second dose.

WILL A COVID-19 VACCINATION PROTECT ME FROM GETTING SICK WITH COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this [protects](#) you from getting sick with COVID-19.



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SHOULD I RECEIVE THE VACCINE IF I AM CURRENTLY PREGNANT OR BREASTFEEDING, OR IF I HAVE ALLERGIES?

Tell the vaccination provider about all of your medical condition or consult your health care provider in advance. Go here for the latest [information](#) on vaccine considerations for women who are pregnant or nursing.

ARE YOUNG CHILDREN ELIGIBLE FOR COVID-19 VACCINATION?

Not right now. A COVID-19 vaccine may not be available for young children until more studies are completed.

HOW CAN I HELP PROTECT MYSELF FROM GETTING COVID-19 UNTIL I CAN GET VACCINATED?

You should cover your mouth and nose with a mask when around others, avoid close contact with people who are sick, stay 6 feet away from others, avoid crowds and wash your hands often. [Here](#) is more information about these and other steps you can take to protect yourself and others from COVID-19.

HOW DO I KNOW WHICH SOURCES OF COVID-19 VACCINE INFORMATION ARE ACCURATE?

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

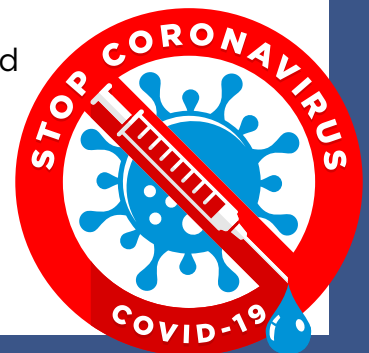
VACCINE EFFECTIVENESS

NEW! WHAT HAPPENS IF I MISS RECEIVING THE SECOND DOSE OF THE VACCINE AT THE RECOMMENDED TIME?

You should get your [second](#) shot as close to the recommended 3-week or 1-month interval as possible. You should not get the second dose earlier than the recommended interval. If you have not received your second dose, please prioritize making your appointment to receive the vaccine after consulting with your primary care physician.

NEW! HOW LONG WILL I RECEIVE IMMUNITY FROM COVID-19 AFTER RECEIVING THE COVID-19 VACCINE?

Experts are working to [learn](#) more about both natural immunity and vaccine-induced immunity with COVID and are still researching how long immunity lasts. CDC will keep the public informed as new research becomes available.



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VACCINE EFFECTIVENESS

NEW! DO I NEED TO WAIT A CERTAIN AMOUNT OF TIME AFTER HAVING COVID-19 TO RECEIVE THE VACCINE?

Due to the severe health risks associated with COVID-19 and the possibility for reinfection, vaccine should be offered to you [regardless](#) of whether you already had COVID-19. If you were treated for COVID-19 symptoms by a doctor in a hospital, talk to your primary care physician to find out when is the best time for you to receive the vaccine.

NEW! IF I HAVE HAD COVID-19 AND HAVE IMMUNITY, SHOULD I STILL GET THE VACCINE ONCE MY PHASE BECOMES AVAILABLE? OR SHOULD I WAIT?

If you are eligible to receive the vaccine, it is **highly** [recommended](#) that you consider receiving the vaccine when you are able to. Please consult with your primary care physician if you have any questions about receiving the vaccine after having treatment from COVID-19.

HOW EFFECTIVE WILL A COVID-19 VACCINE BE?

Both vaccines that have currently received Emergency Use Authorization (Pfizer and Moderna) vaccines have an approximate 95% rate of effectiveness and are tested to prevent severe disease. You can read details about each of them [here](#).

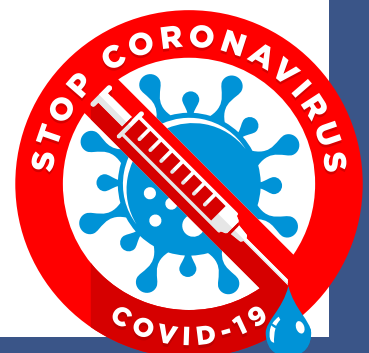
WHAT IS THE BENEFIT TO ME OF GETTING THE COVID -19 VACCINE?

The CDC understands that some people may be concerned about getting vaccinated. The CDC has summarized the [benefits](#) of COVID-19 vaccination as follows:

- COVID 19 vaccination will help keep you from getting COVID-19
- COVID-19 vaccination is a safer way to help build protection
- COVID-19 vaccination will be an important tool to help stop the pandemic

WILL NATIONAL BEEF BE ADJUSTING THE PPE OR OTHER SAFETY POLICIES FOR THOSE WHO HAVE BEEN VACCINATED?

No. We will not be adjusting any of our PPE or safety policies at this time. National Beef will continue following the most current recommendations and guidelines from the CDC and state and local health authorities. It is important we continue using all tools available to us to protect ourselves and others.



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NEW! IF I AM UNINSURED, CAN I GET VACCINATED?

Vaccine doses are being [provided](#) by the federal government at no cost. You may be charged an administration fee that will be billed to your insurance plan. If you do not have insurance, there are resources available to cover the cost of the administration fee.

NEW! IF I QUALIFY FOR A PHASE BEFORE NATIONAL BEEF OR FOOD WORKERS QUALIFY, SHOULD I RECEIVE THE VACCINE?

If you are eligible to receive the vaccine, it is **highly** recommended that you consider making an appointment to receive the COVID-19 vaccine. The vaccine distribution phases are ever changing, and the current estimations surrounding when National Beef or food workers qualify to receive the vaccine can change.

NEW! I HAVE AN UNDERLYING HEALTH CONDITION. HOW SHOULD I REPORT THIS TO NATIONAL BEEF?

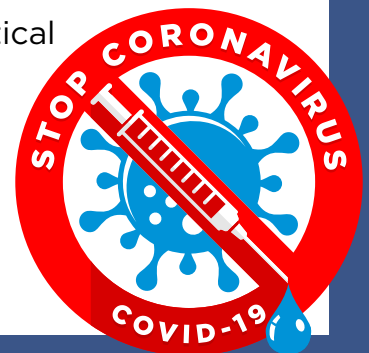
If you have any of these [health conditions](#), please talk to your HR representative to let them know:

- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease)
- Heart Conditions such as heart failure, CAD (coronary artery disease) or cardiomyopathies
- Immunocompromised state from solid organ transplant
- Severe Obesity
- Pregnancy
- Sickle Cell Disease
- Type 2 Diabetes Mellitus

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN GEORGIA?

The current vaccine distribution phases in Georgia include:

- **Phase 1A:** Healthcare workers; residents and staff of long-term care facilities; adults aged 65+ and their caregivers; law enforcement, firefighters, first responders
- **Phase 1B:** Essential workers who perform job tasks across critical infrastructure sectors
- **Phase 1C:** Persons aged 16-64 with medical conditions that increase the risk for severe COVID-19



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These phases will continue to be determined as more information on vaccine availability becomes available. For more information on Georgia's current vaccine distribution plan, visit [here](#). Colquitt County also has information about how to express interest on receiving the vaccine [here](#).

NEW! AS A RESIDENT OF GEORGIA, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

In Georgia, essential workers, who perform job tasks across critical infrastructure sectors, such as meat processing workers, are eligible to receive the COVID-19 vaccine in Phase 1B. Georgia has not estimated when Phase 1B will begin. The next phase will depend on vaccine distributions. Additionally, this situation continues to change, and the time frame estimation can change.

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN IOWA? THE CURRENT VACCINE DISTRIBUTION PHASES IN IOWA ARE:

- **Phase 1A:** Healthcare personnel; residents and staff of long-term care facilities
- **Phase 1B:** Persons aged 75+ OR certain vulnerable populations including food, agriculture, distribution and manufacturing workers that work in or live in congregate settings that do not allow for social distancing
 - **Tier 1:** First Responders; PK-12 staff, early childhood educators and childcare workers
 - **Tier 2:** Frontline essential workers in food, ag and manufacturing; individuals with disabilities living in home settings
 - **Tier 3:** Staff and individuals living in congregate settings; government officials
 - **Tier 4:** Inspectors responsible for health, life and safety
 - **Tier 5:** Correctional facility staff and individuals incarcerated
- **Phase 1C:** Details for who will be eligible and timeline for Phase 1C will be shared by Iowa officials soon

These phases will continue to be determined as more information on vaccine availability becomes available. For more information on Iowa's current vaccine distribution plan, visit [here](#). County-specific information can be found below:

- [Linn County](#)
- [Marshall County](#)
- [Tama County](#)



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NEW! AS A RESIDENT OF IOWA, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

In Iowa, essential workers in food, agriculture, distribution and manufacturing sectors who live or work in non-social distanced settings are eligible to receive the COVID-19 vaccine in Phase 1B, Tier 2. Phase 1B is estimated to begin in February 2021. This situation continues to change, however, and the time frame estimation can change.

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN KANSAS?

The current vaccine distribution phases in Kansas are:

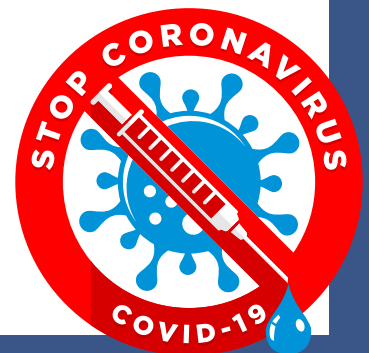
- **Phase 1:** Healthcare workers; residents and staff of long-term care facilities; workers critical to pandemic response continuity
- **Phase 2:** Persons 65+; workers in congregate settings; high-contact critical workers
- **Phase 3:** Persons aged 16-64 with severe medical risks
- **Phase 4:** Persons aged 16-64 with other medical risks
- **Phase 5:** Rest of population

Phase 2 began late January 2021. For more information on the current vaccine distribution plan in Kansas, visit [here](#). County-specific information can be found below:

- [Atchison County](#)
- [Ford County](#)
- [Johnson County](#)
- [Leavenworth County](#)
- [Seward County](#)
- [Wyandotte County](#)

NEW! AS A RESIDENT OF KANSAS, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

In Kansas, essential workers, including employees at meat processing plants, are eligible to receive the COVID-19 vaccine in Phase 2. In Kansas, Phase 2 began late January 2021, and you are now eligible to receive the vaccine. Please contact your primary care physician or your local health department for more information on how to receive the vaccine.



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NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN MISSOURI?

The current vaccine distribution phases in Missouri are:

- **Phase 1A:** Healthcare workers (patient facing); long-term care facility residents and staff; EMS/EMT/paramedics
- **Phase 1B:**
 - **Tier 1:** First responders and emergency
 - **Tier 2:** High-risk individuals
 - **Tier 3:** Critical infrastructure; food and agriculture sector 1 (includes food production and processing)
- **Phase 2:** Accelerating economic recovery; disproportionately affected populations; homeless
- **Phase 3:** All Missouri residents

Missouri has not estimated when the next phases will begin. This situation continues to change, and the time frame estimation can change. For more information on the current vaccine distribution plan in Missouri, visit [here](#).

County-specific information can be found below:

- [Buchanan County](#)
- [Cass County](#)
- [Clay County](#)
- [Clinton County](#)
- [Jackson County](#)
- [Platte County](#)

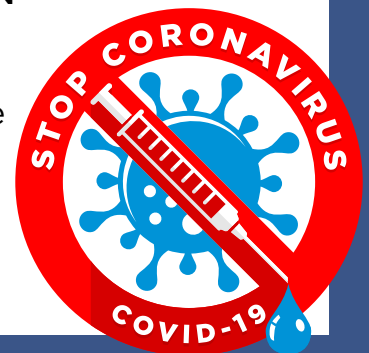
NEW! AS A RESIDENT OF MISSOURI, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

In Missouri, essential workers, including certain food production and processing facilities, will be eligible to receive the vaccine in Phase 1B, Tier 3. Missouri has not estimated when Phase 1B, Tier 3 will begin. This situation continues to change, however, and the time phrase estimation can change.

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN OHIO?

The current vaccine distribution phases in Ohio are:

- **Phase 1A:** Healthcare workers (patient facing); long-term care facility residents and staff; EMS/EMT/paramedics



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- **Phase 1B:** High-risk individuals and K-12 school employees
 - o Week of Jan. 18 - Ohioans 80+
 - o Week of Jan. 25 - Ohioans 75+; those with severe congenital or developmental disorders
 - o Week of Feb. 1 - Ohioans 70+; K-12 employees
 - o Week of Feb. 8 - Ohioans 65+
- Future phases are under consideration

Ohio has not determined what future phases are or when the next phases will begin. This situation continues to change, however. For more information on the current vaccine distribution plan in Ohio, visit [here](#). Wood County also has information about how to express interest on receiving the vaccine [here](#).

NEW! AS A RESIDENT OF OHIO, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

The current COVID-19 vaccine phases have not been scoped out for meat processing essential workers. They continue to roll out the new phases, and we will communicate vaccine availability information as we learn more.

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN PENNSYLVANIA?

The current vaccine distribution phases in Pennsylvania are:

- **Phase 1A:** Healthcare workers (patient facing); long-term care facility residents and staff; high-risk individuals
- **Phase 1B:** People in congregate settings; food and agricultural workers and other public employees
- **Phase 1C:** Additional essential workers
- **Phase 2:** Individuals 16+ not previously covered

Pennsylvania has not determined when the next phases will begin. This situation continues to change, and the time frame estimation can change. For more information on the current vaccine distribution plan in Pennsylvania, visit [here](#). Snyder County has not shared specific information on vaccine distribution information, but Pennsylvania has created an interest form. You can view that [here](#).



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NEW! AS A RESIDENT OF PENNSYLVANIA, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

In Pennsylvania, food and agricultural workers are eligible to receive the COVID-19 vaccine in Phase 1B. Pennsylvania has not estimated when Phase 1B will begin. This situation continues to change, and the time frame estimation can change.

NEW! CAN YOU TELL ME MORE ABOUT THE VACCINE PHASES IN TEXAS? THE CURRENT VACCINE DISTRIBUTION PHASES IN TEXAS ARE:

- **Phase 1A:** Front-line healthcare workers; long-term care residents
- **Phase 1B:** People 65+ and high-risk individuals 16+
- Future phases are under consideration

Texas has not determined what the next phases are, or when they will begin. This situation continues to change, and the time frame estimation can change. For more information on the current vaccine distribution plan in Texas, visit [here](#). Dallas County also has information about how to express interest on receiving the vaccine [here](#).

NEW! AS A RESIDENT OF TEXAS, WHEN WILL THE VACCINE BE AVAILABLE TO ME?

The current COVID-19 vaccine phases have not been scoped out for meat processing essential workers. They continue to roll out the new phases and will communicate vaccine availability information.

WHEN WILL THE VACCINE BE AVAILABLE TO ME?

A COVID-19 vaccine should be available for most adults in 2021. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months ahead. While CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines.

In all states where National Beef does business, our employees are considered frontline essential workers. The projected timeline for distribution of the vaccine to this group varies by state, but the current estimate is that some vaccinations may begin in some



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states in late January-February. We will provide more details by location as they become available.

WHO WILL RECEIVE THE VACCINE FIRST?

Eligibility is determined by each state health department based upon the [recommendations](#) from the CDC on who should be offered the COVID-19 vaccine first while supplies are limited. Healthcare personnel and residents of long-term care facilities are recommended to receive the first doses of COVID-19 vaccines as part of the initial phase. As vaccine availability increases, vaccination recommendations will expand to more groups.

WHO WILL RECEIVE THE VACCINE FIRST AT NATIONAL BEEF?

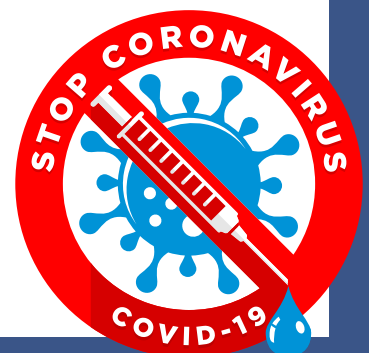
Because the U.S. supply of COVID-19 vaccine is expected to be limited at first, CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first. National Beef will follow the protocols set by our state and local health departments for the distribution and administration of the vaccine. We are continuing to work through these agencies and the developing guidelines, and we will communicate details as soon as we are able.

IS THE VACCINE FREE?

Yes, vaccine doses purchased by the government will be given at no cost. While vaccination providers are able to charge an administrative fee for giving the shot to someone, that fee is covered under National Beef's group health plan for National Beef employees and their covered family members.

IF I HAVE ALREADY HAD COVID-19 AND RECOVERED, DO I STILL NEED TO GET VACCINATED WITH A COVID-19 VACCINE?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection is possible, the vaccine should be offered to you regardless of whether you already had a COVID-19 infection.



COVID-19 Vaccine Information

RUMOR CONTROL

NEW! RUMOR: THERE ARE NEW STRAINS OF COVID-19, SO THE NEW VACCINES WON'T BE EFFECTIVE.

False: According to medical experts, including current and former U.S. Surgeon Generals, there is no reason to believe that the vaccines that have been developed will not be effective against new strains of the virus. There is no evidence that variants cause more severe illness or increased risk of death. [Variants](#), however, have been said to spread more easily and be more contagious.

RUMOR: AFTER GETTING A COVID-19 VACCINE, I WILL TEST POSITIVE FOR COVID-19.

False: Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection. However, if your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate if you had a previous infection and if you may have some level of protection against the virus.

RUMOR: THE COVID-19 VACCINE WILL ALTER MY DNA.

False: This is not true. That rumor is baseless. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way.

RUMOR: THE FLU VACCINE WILL ALSO WORK AGAINST CORONAVIRUS.

False: This is not true. Influenza and COVID-19 belong to two different virus families, so one vaccine is not interchangeable for another. It is important that you also consider getting the flu vaccine this year. Getting a flu shot can help ensure our health care system has the capacity to care for COVID-19 patients.

RUMOR: I CAN BE INFECTED BY THE VIRUS THAT CAUSES COVID-19 BY GETTING VACCINATED.

False: You cannot get COVID-19 from the vaccine. Every day, a healthy immune system successfully fights off thousands of germs. Antigens are parts of germs that cause the body's immune system to go to work to build antibodies, which fight off diseases. The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. Even if people receive several vaccinations in one day, vaccines contain only a tiny fraction



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RUMOR CONTROL

of the antigens they encounter every day in their environment. Vaccines stimulate the immune system to produce antibodies to fight off serious vaccine-preventable diseases.

RUMOR: THERE IS A NEW STRAIN OF SARS-COV-2 IN THE UNITED KINGDOM, SO THE NEW VACCINES WON'T BE EFFECTIVE.

Fact: According to medical experts, including current and former U.S. Surgeon Generals, there is no reason to believe that the vaccines that have been developed will not be effective against new strains of the virus.

