COVID-19 Vaccine & Booster Information

Your choice to get vaccinated and boosted can have a positive impact on 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 and booster, so you can make an informed decision about receiving the vaccine and booster. If you haven't been vaccinated yet or are seeking a booster, find your options here.

Included below are brief answers to commonly asked questions about the COVID-19 vaccine and booster. 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
- **For other state services, see page 8**

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. Throughout this document, unless otherwise specified, vaccine includes primary series, booster shots and additional doses for those who need them.

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

If you have further questions about vaccines or boosters, please contact your human resources representative.

Vaccine & Booster Recommendations

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 from getting seriously ill if you do get COVID-19. Getting vaccinated may also protect people around you. They were developed using science that has been around for decades and have gone through all the required stages of clinical trials. COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history. In fact, COVID-19 vaccines are a vital tool to help us end the pandemic.

Is there a recommended primary series vaccine?
There are three approved options for primary doses; details for all are below.

The CDC notes that in most situations, Pfizer-BioNTech or Moderna COVID-19 vaccines are preferred over the J&J/Janssen COVID-19 vaccine for primary and booster vaccination due to the risk of serious adverse events. Vaccine recipients must be informed of the risks and benefits of J&J/Janssen COVID-19 vaccination. The J&J/Janssen COVID-19 vaccine may be considered in some situations, including for persons who:

- Had a severe reaction after an mRNA vaccine dose or who have a severe allergy to an ingredient of Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines).
- Would otherwise remain unvaccinated for COVID-19 due to limited access to Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines).
- Wants to get the J&J/Janssen COVID-19 vaccine despite the safety concerns.

Learn more about the considerations for J&J/Janssen COVID-19 vaccine.

NEW! Why do I need a COVID-19 booster?
While the COVID-19 vaccines authorized in the United States continue to be highly effective in reducing the risk of severe disease, hospitalization and death, the COVID-19 vaccine booster adds another tool to your toolkit to help you fight COVID-19 and keep you, and your loved ones, safe.

In these responses, unless specifically noted, the term "vaccine" includes the primary series, booster shots and additional doses for those who need them.

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NEW! Who is eligible to receive a COVID-19 vaccine?
Currently, everyone ages 6 months and older are eligible to receive the primary series of one of the three vaccines, and everyone ages 5 and older are eligible to receive a booster. See below for a breakdown on vaccine types.

	Pfizer-BioNTech Vaccine	Moderna Vaccine
NEW! How many primary series doses of the COVID-19 vaccine do I need?	If you are 5 years or older, the CDC recommends that you receive two doses given three weeks (21 days) apart. Children that are 6 months to 4 years old should receive three doses of the Pfizer-BioNTech primary series. The first two doses should be separated by three weeks, and the third dose should be given at least eight weeks after.	Everyone ages 6 months and older should receive two doses of the Moderna primary series given four weeks (28 days) apart.
NEW! When am I considered fully vaccinated?	Those ages 6 months to 11 years are fully vaccinated after their 3rd primary dose. Everyone ages 12 years and older are fully vaccinated after their most recent booster.	Two weeks after receiving your second dose of the primary series.
NEW! When can I receive the booster?	Everyone ages 5 years and older should get a booster dose of Pfizer-BioNTech five months after the last dose in their primary series. Everyone ages 18 years and older should get a booster dose of either Pfizer-BioNTech or Moderna (COVID-19 vaccines) five months after the last dose in their primary series.	Everyone ages 18 years and older should get a booster dose of either Pfizer-BioNTech or Moderna (COVID-19 vaccines) five months after the last dose in their primary series.
NEW! Who can receive a second booster shot?	Adults ages 50 and older and people ages 12 and older who are immunocompromised are eligible to receive a second dose of the booster if it has been at least four months since their first dose.	Adults ages 50 and older and adults ages 18 and older who are immunocompromised are eligible to receive a second dose of the booster if it has been at least four months since their first dose.
NEW! When can I receive a bivalent booster?	Everyone ages 12 years and older can receive the bivalent booster at least 2 months after receiving their primary dose or last booster. The bivalent booster can only be of Pfizer-BioNTech.	Those ages 12 and older can receive a bivalent booster two months after their second dose of their primary series. Those ages 12 to 17 can only receive a Pfizer-BioNTech bivalent booster. Everyone 18 years and older can receive a bivalent booster of Moderna or Pfizer-BioNTech.

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	Johnson & Johnson's Janssen Vaccine	**NEW!** Novavax Vaccine:
NEW! How many primary series doses of the COVID-19 vaccine do I need?	Everyone ages 18 and older should receive one dose.	If you are 12 years or older, the CDC recommends that you receive two doses given three weeks (21 days) apart. The first two doses should be separated by three weeks, and the third dose should be given at least eight weeks after.
NEW! When am I considered fully vaccinated?	Two weeks after receiving your first dose.	Two weeks after receiving your second dose.
NEW! When can I receive the booster?	Everyone ages 18 years and older should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least two months after the first dose of J&J COVID-19 vaccine. You may get J&J in some situations.	
NEW! When can I receive a bivalent booster?	At least two months after the primary dose or last booster. It can be Pfizer-BioNTech or Moderna.	Those between the ages of 12-18 who have received two primary doses are eligible for a booster dose of Pfizer-BioNTech. Anyone over the age of 18 can receive a bivalent booster.

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NEW! What is a bivalent booster?
Bivalent boosters protect against both the original virus that causes COVID-19 and the Omicron variant. Previous boosters are now called "monovalent."

NEW! What is a monovalent booster?
Monovalent boosters were designed to protect against the original COVID-19 virus.

NEW! What vaccines have bivalent boosters?
Pfizer and Moderna have developed bivalent COVID-19 boosters.

NEW! Who is eligible to receive the bivalent booster?
The CDC recommends those who are 12 years and older to receive a bivalent booster if it has been two months since your last COVID-19 vaccine.

Do I have to get the same vaccine for the first and second doses of my primary series?
COVID-19 vaccines are not interchangeable. If you received a Pfizer-BioNTech or Moderna COVID-19 vaccine, you should get the same product for your second shot.

Can my booster shot be a different type than my primary dose(s)?
Those eligible for a booster shot can receive a different booster than their primary vaccine(s).

If I didn't get my second shot of a two-dose vaccine within the recommended time, what do I do?
You should get your second shot as close to the recommended three-week or four-week interval as possible. However, if you receive your second shot of a COVID-19 vaccine at any time after the recommended date, you do not have to restart the vaccine series.

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 sick with COVID-19 offers some protection from future illness with COVID-19, sometimes called "natural immunity." The level of protection people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age. No currently available test can reliably determine if a person is protected from infection.

Emerging evidence shows that getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection to your immune system. One study showed that, for people who already had COVID-19, those who do not get vaccinated after their recovery are more than two times as likely to get COVID-19 again than those who get fully vaccinated after their recovery.

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Vaccine & Booster Safety

NEW! Are the COVID-19 vaccines and bivalent boosters safe?
The vaccines and boosters 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 Food and Drug Administration (FDA) continue to monitor the safety profiles of these vaccines.

NEW! Can I get COVID-19 from the vaccine and/or bivalent booster?
You cannot get COVID-19 from the vaccine or booster. 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 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.

NEW! Do the vaccine and/or bivalent booster cause side effects?
Some people have side effects from the primary dose vaccine and/or booster, which are normal signs that their body is building protection. These side effects may affect their ability to do daily activities, but they should go away in a few days. Some people have no side effects, and allergic reactions are rare.

Common side effects include:
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea
- Pain, redness, and/or swelling on the arm where you received the shot

Talk to your doctor about taking over-the-counter medicine such as ibuprofen, acetaminophen, aspirin or antihistamines for any pain and discomfort experienced after getting vaccinated.

Should I receive the vaccine and booster if I am immunocompromised?
Yes. People with moderately to severely compromised immune systems should receive an additional dose of mRNA COVID-19 vaccine after the initial two doses, as well as an additional dose of a booster. Please consult with your healthcare provider if you have any questions about your need for additional booster doses.

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Should I receive the vaccine and booster if I am currently pregnant or breastfeeding?
Yes, COVID-19 vaccinations and boosters are recommended for people who are pregnant, breastfeeding, trying to get pregnant, or who might become pregnant in the future. It is advised to ask your healthcare provider before you receive any doses. While such a conversation might be helpful, it is not required before vaccination.

I have severe allergies. Where can I find information on the vaccine and booster ingredients?
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.

To learn more about the ingredients in authorized COVID-19 vaccines, see
- Pfizer-BioNTech COVID-19 Vaccine Overview and Safety
- Moderna COVID-19 Vaccine Overview and Safety
- Johnson & Johnson's Janssen COVID-19 Vaccine Overview and Safety
- Ingredients Included in COVID-19 Vaccines

COVID-19 Variants

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. CDC recommends that everyone 6 months and older get vaccinated as soon as possible.

NEW! Will the vaccine protect me against Omicron and other variants of COVID-19?
COVID-19 vaccines remain the best public health measure to protect people from COVID-19 and reduce the likelihood of new variants emerging. This includes primary series, booster shots, bivalent booster shots and additional doses for those who need them.

Scientists are still learning how effective COVID-19 vaccines are at preventing infection from Omicron. Current vaccines are expected to protect against severe illness, hospitalizations and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are vaccinated are likely to occur. People who are up to date with their COVID-19 vaccines and get COVID-19 are less likely to develop serious illness than those who are unvaccinated and get COVID-19.

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Vaccine & Booster Effectiveness

NEW! How effective is a COVID-19 vaccine and booster?
Getting vaccinated against COVID-19 helps protect people from getting sick or severely ill with COVID-19 and can also help protect the people around them. CDC continues to monitor how well the vaccines are working. Clinical trials and observational studies show that all COVID-19 vaccines authorized in the United States are effective at preventing COVID-19, especially severe disease, hospitalization and death.

NEW! Will a COVID-19 vaccine and booster protect me from getting sick with COVID-19?
Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19. Vaccines can also help prevent serious illness and death. Recent data suggest COVID-19 vaccines become less effective at preventing infection or severe illness over time, especially for people ages 65 years and older. This is why booster shots are recommended for people ages 5 years and older who have completed their primary vaccination series. However, even as the vaccine's ability to prevent infection decreases with time, COVID-19 vaccination continues to reduce the risk of hospitalization and death when people become infected with COVID-19.

NEW! Will the vaccine and booster protect me against the Omicron variant?
COVID-19 vaccines remain the best public health measure to protect people from COVID-19 and reduce the likelihood of new variants emerging. This includes primary series, booster shots, bivalent booster shots and additional doses for those who need them.

Scientists are still learning how effective COVID-19 vaccines are at preventing infection from Omicron. Current vaccines are expected to protect against severe illness, hospitalizations and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are vaccinated are likely to occur. People who are up to date with their COVID-19 vaccines and get COVID-19 are less likely to develop serious illness than those who are unvaccinated and get COVID-19.

NEW! How long does protection from a COVID-19 vaccine and booster last?
Scientists are continuing to monitor how long COVID-19 vaccine protection lasts. Recent studies show that protection against the virus may decrease over time. This reduction in protection has led CDC to recommend that everyone ages 5 years and older get one booster shot after completing their primary vaccination series, and adults ages 50 and older, as well as people ages 12 and older who are immunocompromised, receive a second booster shot. CDC continues to review evidence and will update guidance as more information is available. Please consult with your healthcare provider if you have any questions about your need for additional booster doses.

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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 see the below resources to find a vaccine near you:

- Moultrie, Georgia
  - Colquitt County Health Department
  - Publix Pharmacy at Parkway Centre
  - CVS Pharmacy
  - Walgreens Pharmacy
  - Walmart Pharmacy
- Tama, Iowa
  - Medicap Pharmacy
  - Hy-Vee Pharmacy
  - Tama County Public Health and Home Care
- Dodge City, Kansas
  - Ford County Public Health Department
  - Western Plains Medical Complex
  - Gibon's Pharmacy
  - Dillons Pharmacy
  - Walgreens Pharmacy
  - Walmart Pharmacy
- Kansas City, Kansas, and Kansas City, Missouri
  - CVS Pharmacy
  - Walmart Pharmacy
  - Walgreens Pharmacy
  - Sun Fresh
  - Price Chopper Pharmacy
  - Hy-Vee Pharmacy
- Liberal, Kansas
  - Walmart Pharmacy
  - Dillons Pharmacy
  - El Kan Drug
  - Walgreens Pharmacy
  - Seward County Health Department
- North Baltimore, Ohio
  - Hancock Public Health (Findlay)
  - Rite Aid Pharmacy (Findlay)
  - Cosiano Health Center (Findlay)
  - Meijer Pharmacy (Findlay)
  - Blanchard Valley Hospital (Findlay)
  - Scarbrough Pharmacy (Scarbrough)
  - Wood County Hospital
  - CVS Pharmacy

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- Hummels Wharf, Pennsylvania
    - GIANT Pharmacy (Selinsgrove)
    - CVS Pharmacy (Selinsgrove)
    - Weis Pharmacy (Selinsgrove)
    - Walmart Pharmacy (Selinsgrove)
    - Family Practice Center, PC (Monroe Township)
- Dallas, Texas
    - CVS Pharmacy
    - Sam's Club Pharmacy
    - Tom Thumb Pharmacy
    - Walgreens Pharmacy
    - Kroger Pharmacy
    - Walmart Pharmacy

Is the vaccine free? Is the booster free?
Yes, COVID-19 vaccines and boosters are available for everyone ages 6 months and older at no cost. Vaccines were paid for with taxpayer dollars and are being given free of charge to all people living in the United States.

If I don't have medical insurance, can I get vaccinated and boosted?
Yes, vaccine doses are being provided by the federal government at no cost, regardless of insurance or immigration status.

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.

COVID-19 Basics

How can I continue to protect myself and others against COVID-19?
COVID-19 vaccines are effective at protecting you from getting sick. If you are fully vaccinated, you can resume activities that you did prior to the pandemic. Though, it is important to remember these things to continue to keep yourself and others safe:

- Avoid close contact with people who are sick
- Stay six feet away from others
- Avoid crowds and poorly ventilated spaces
- Get tested for COVID-19 if you are feeling sick
- Wash your hands often
- Depending on local regulations and your personal health status, you should cover your mouth and nose with a mask when around others

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Here is more information about these and other steps you can take to protect yourself and others from COVID-19.

Do I need to wear a mask at work?
Wearing a mask can help prevent the spread of COVID-19, but it is not required in all communities. Face masks are no longer required at a National Beef facility where the community level of COVID-19 transmission is **LOW** or **MEDIUM**. Face masks **WILL CONTINUE TO BE REQUIRED** at a National Beef facility where the community level of COVID-19 transmission is **HIGH**.

While masks may not be required, we encourage you to wear one if you wish, depending on your personal comfort level. National Beef will continue to provide face masks for those who want to wear them.

To ensure you are following the necessary mask requirements in your community, ask your HR manager about the masking policies at your facility.

If I am immunocompromised, what safety precautions should I take at work?
If you are immunocompromised or at high risk for severe illness, talk to your healthcare provider about taking additional precautions, such as wearing a mask or respirator. If you live or have social contact with someone at high risk, consider wearing a face mask.

Will National Beef be adjusting the PPE or other safety policies for those who have been vaccinated?
The need for PPE and additional safety policies is being monitored per facility in conjunction with each facility's local community leadership. The safety of our employees remains our top priority. Therefore, we continue to follow the latest guidance from the CDC, the Occupational Safety and Health Administration (OSHA), and other applicable federal and state officials. It is important we continue using all tools available to us to protect ourselves and others.

Have other safety policies changed?
Regardless of community COVID-19 transmission level, the current mask protocol for quarantine or isolation if you tested positive for or were exposed to COVID-19 will remain in place. All other COVID-19 protocols and protective measures, including screening and enhanced sanitation, will remain in place as well.

Mask requirements can change as community COVID-19 levels rise and fall. These levels are updated weekly. We will continue to keep you informed of any changes in your location.

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.

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Know the Truth About COVID-19 Rumors

RUMOR: The Omicron and Delta variants are not as serious as the first strand of COVID-19.
False: Both, the Delta variant and the Omicron variant cause more infections and spread faster than earlier forms of the virus that causes COVID-19.

RUMOR: Vaccines won't be as effective for any new variants of COVID-19.
Likely False: Scientists are still learning how effective COVID-19 vaccines are at preventing infection from Omicron and other variants of COVID-19. Current vaccines are expected to protect against severe illness, hospitalizations and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are vaccinated are likely to occur. People who are up to date with their COVID-19 vaccines and get COVID-19 are less likely to develop serious illness than those who are unvaccinated and get COVID-19.

RUMOR: The COVID-19 vaccine and booster will cause me to test positive on a COVID-19 test.
False: No. You will not test positive because of the COVID-19 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 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: 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 vaccine and booster were rushed.
False: Scientists have been working for many years to develop vaccines against viruses like the one that causes COVID-19. This knowledge helped speed up the initial development of the current COVID-19 vaccines.

RUMOR: The COVID-19 vaccine causes variants.
False: COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.

RUMOR: The COVID-19 vaccine contains microchips.
False: COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

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RUMOR: The COVID-19 vaccine will affect my fertility.
False: COVID-19 vaccination is recommended for people who are trying to get pregnant now or might become pregnant in the future, as well as their partners. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or men. If you get pregnant after receiving your first shot of a COVID-19 vaccine that requires two doses, you should get your second shot to get as much protection as possible.

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

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