

# Trident Employee COVID-19 Vaccine FAQ

## Why get the vaccine?

- Getting the COVID-19 vaccine gives you an added layer of protection against COVID-19 and could also protect your coworkers. Here are some key points about COVID-19 vaccination:
  - All COVID-19 vaccines available in the United States are very effective at preventing the disease.
  - Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (this is called "immunity").



## Is Trident requiring the vaccine?

- **Yes.** Our facilities and vessels require employees to work and live in close quarters, there are limitations on the medical services we can provide in remote locations, and it is not reasonably practical to evacuate from remote locations or shut down operations in the event of another outbreak. We are therefore requiring every employee who works in our Alaska facilities and on our vessels to become vaccinated.
- For those of you who are in Alaska now, you will have until the end of April to receive your first dose. For those of you going to Alaska, we require you to be vaccinated before boarding our vessels or arriving in our processing communities. We will work with you to arrange for a vaccination. "If you have a circumstance that you feel would prevent you from being vaccinated, please contact Trident HR so that we can discuss whether an alternate accommodation is possible."
- You can also submit questions to [AKCovidVaxInfo@TridentSeafoods.com](mailto:AKCovidVaxInfo@TridentSeafoods.com).

## Are there any side effects?

- **After COVID-19 vaccination, you may have some side effects.** These are normal signs that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities. Most of these side effects should go away in a few days.

### Common side effects

On the arm where you got the shot:	Throughout the rest of your body
 <ul style="list-style-type: none"><li>• Pain</li><li>• Swelling</li></ul>	 <ul style="list-style-type: none"><li>• Fever</li><li>• Chills</li><li>• Tiredness</li><li>• Headache</li></ul>

## Can I contract COVID-19 after getting the vaccine? And will I need to quarantine, socially distance, and wear a mask?

- **Yes. There is still a VERY small chance that you can get COVID-19 even after being vaccinated.** Medical professionals are closely tracking the effectiveness of the vaccine around the world, and new information is coming out frequently. So far, it has all been very positive, and we anticipate being able to update our quarantine and onsite protocols soon.

- **Until then, you will still need to quarantine, wear a mask and socially distance after getting each shot of the vaccine for now.** Other steps, like covering your mouth and nose with a mask and staying at least 6 feet away from others, help reduce your chance of being exposed to the virus and spreading it to others.

### **After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?**

- **No.** Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

### **If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?**

- **Yes, you should be vaccinated regardless of whether you already had COVID-19.** That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible that you could be infected with the virus that causes COVID-19 again in a few months.

### **Will a COVID-19 vaccine alter my DNA?**

- **No.** COVID-19 vaccines do not change or interact with your DNA in any way. The vaccine teaches our bodies how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies

### **Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?**

- **Yes.** People who want to get pregnant in the future may receive the COVID-19 vaccine. The COVID-19 vaccine, like other vaccines, works by training our bodies to develop antibodies to fight against the virus that causes COVID-19, to prevent future illness. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problems with pregnancy, including the development of the placenta. In addition, there is no evidence suggesting that fertility problems are a side effect of ANY vaccine.

### **Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?**

- **Yes.** COVID-19 vaccination is especially important for people with underlying medical conditions like heart disease, lung disease, diabetes, and obesity. People with these concerns are more likely to get very sick from COVID-19.

### **Is it safe to get a COVID-19 vaccine if I have allergies?**

- If you have had an allergic reaction to other vaccines or injectable medications, talk to your doctor or nurse. You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or things in the environment like pollen or dust.

### **How will I remember to get the second shot?**

- Each person getting the COVID-19 vaccine will receive a vaccination record card to make sure they receive the correct vaccine for the second dose.