



health  chats  
HEALTH & SAFETY  
**AT WORK**

# .Our Sponsors

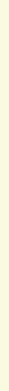




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Chief Medical Officer, UnitedAg



# Today's Topics

01

COVID-19 vaccine  
101

02

Tips for personal  
health that improve  
workplace safety

03

UnitedAg resources

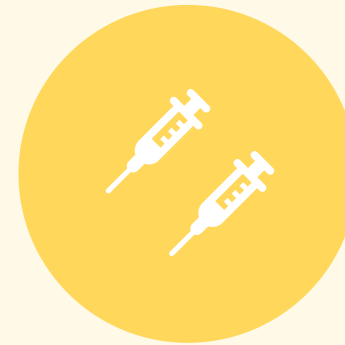
04

Q&A

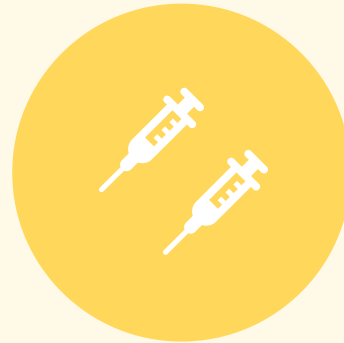


# .COVID-19 Vaccines

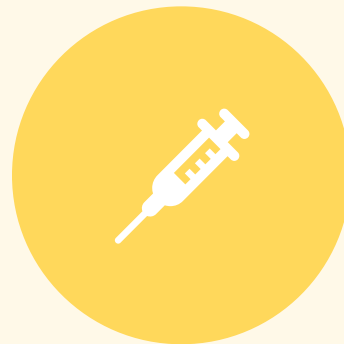
Various vaccines authorized in the US: Which one to get?



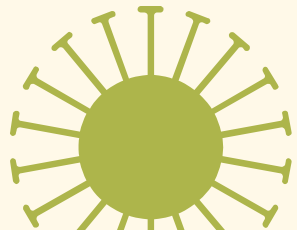
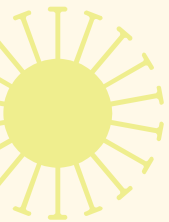
Pfizer



Moderna



Johnson & Johnson





# .COVID-19 Vaccines

What does it mean to be fully vaccinated?



2 weeks after last dose of vaccine

# .COVID-19 Vaccines

What can you do after being fully vaccinated?



Gather indoors with other fully vaccinated people



Gather indoors with unvaccinated people from single household who aren't at risk of severe COVID-19

If exposed, no need to quarantine or get tested if no symptoms present

Mitigation measures remain the same if you are in public



sleep matters



maintain a healthy weight



Taking care of your  
personal health improves  
workplace safety



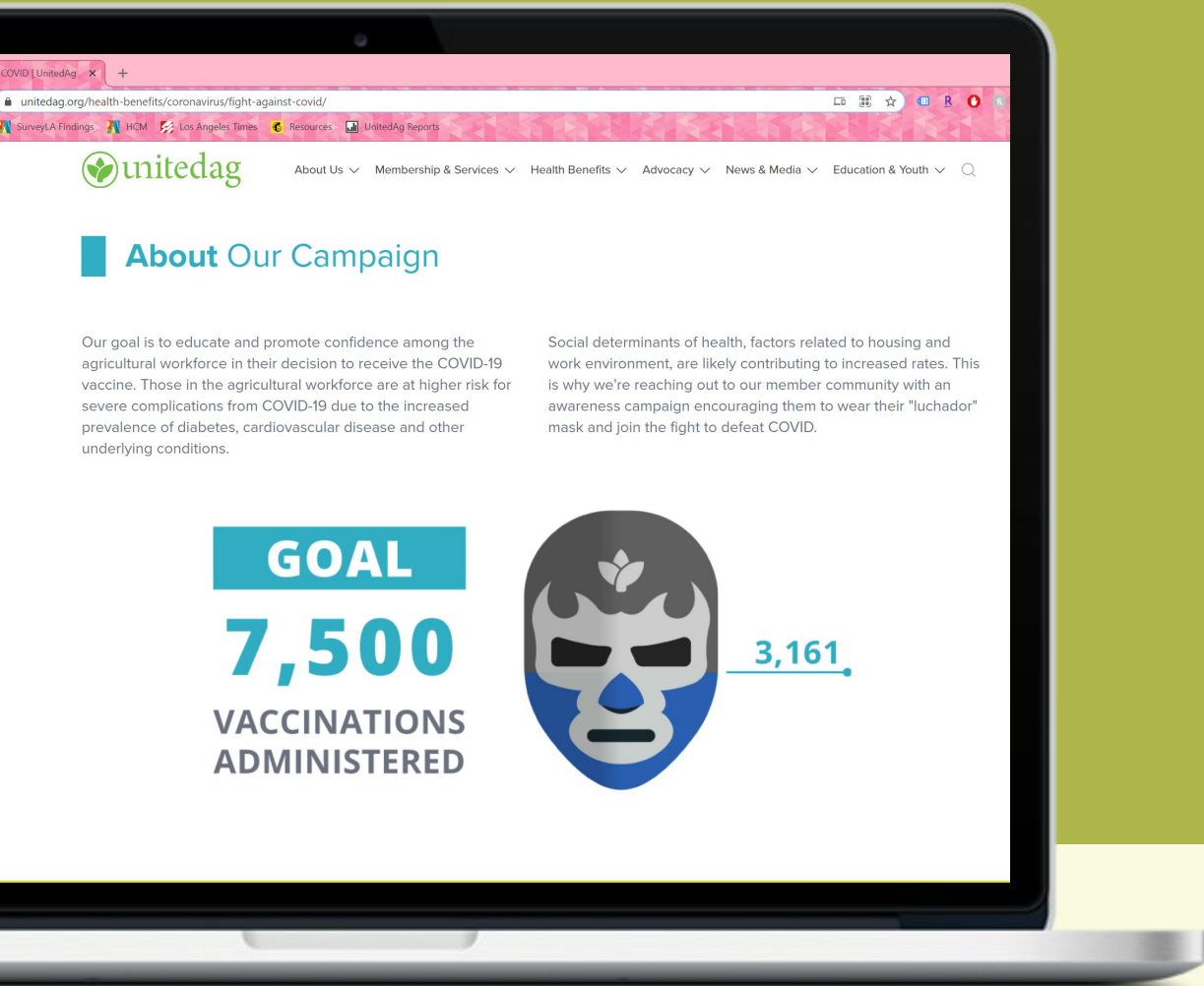
Discuss medications that might  
impact workplace safety with  
your doctor



keep chronic conditions  
well-controlled







# .Resources

UnitedAg Health & Wellness Centers

[unitedag.org/ wellnesscenters](https://unitedag.org/wellnesscenters) | 877.877.7981

Teladoc

[teladoc.com](https://teladoc.com)

COVID-19 Vaccine Updates

[unitedag.org/ covax](https://unitedag.org/covax)

Visit [unitedag.org/ fightagainstcovid](https://unitedag.org/fightagainstcovid)