

COVID-19 Update



January 8, 2021

We continue to actively monitor the situation regarding the most recent coronavirus, known as COVID-19. In an attempt to keep you informed about the latest developments, we are sending out regular communication such as this to provide updates and answers to frequently asked questions. **We encourage you to share these updates with all members of your team, especially those who may not have regular access to email.** The latest all-employee communications and updated responses to FAQs can be found at:

<https://www.kindredhealthcare.com/employees/covid-19-updates>.

Dear Colleagues:

I hope everyone had a safe and festive holiday season, and a joyous start to 2021. I know we all are eager to leave behind the anxiety and uncertainty that defined much of 2020, and with national distribution of a vaccine for the virus that causes COVID-19 underway, there is ample reason to be optimistic for a brighter year ahead.

Whether it's through a local allocation, a partner health system, or our own access, we expect vaccine options for our frontline workers to become more and more available as distribution progresses. The state-by-state nature of the process makes predicting the exact timeline difficult, but we remain committed to sharing details with you as soon as we know them. **I am happy to report that, to date, more than 5,000 Kindred team members have received the first dose of the vaccine,** and we continue to work closely with all state and local organizations to ensure we are prepared to distribute the vaccine to more of our teammates as soon as doses become available.



#MyWhy #IGotTheShot – Kindred Team Members Share Their Perspective on Choosing to Receive the Vaccine

As our frontline caregivers and other team members begin to have an opportunity to receive the vaccine, every individual has a different reason for rolling up his or her sleeve. In an effort to share some of the insights and perspectives from our teammates, we will regularly share their stories under the header of #MyWhy or #IGotTheShot. We hope these testimonials from your peers help you understand the importance of getting vaccinated and the variety of factors that go into their respective decisions.

This week, we are pleased to feature #MyWhy moments from Dr. Kimberly Branch-Hayes, Medical Director at Ascension Saint Thomas Inpatient Rehabilitation, and Tom Fajman, Program Director at Riverside Medical Center (please click on the images or links below to view the videos):



Take Control of Your Life – Take the Vaccine



'I Feel Safer Today' – One of Kindred's First Vaccine Recipients Explains Decision

In addition, Larry Lovins, Pharmacist at Houston Medical Center, recently shared his #MyWhy #IGotTheShot moment on his personal Facebook account, which we've reprinted here with Larry's permission:

Many of you have asked if I will take the COVID-19 vaccine when it is available. Today, I did!

I do this:

- *For the ones we have lost to this disease.*
- *For the ones we haven't yet lost (It's not over).*
- *For my husband Steve Loden who has been my rock and knows the struggles that healthcare workers like me have endured emotionally and physically.*
- *To gather and hug friends and family someday again.*
- *For those who are unemployed, and/or homeless and/or struggling to make ends meet due to the economic impact.*
- *For my fellow colleagues who I've had to work so closely with who have also been supportive. You have worked so hard through all of this and continue to do so. All y'all are my hero!*
- *Because I have educated myself and trust the science behind the development of these COVID 19 vaccines.*
- *To look at a stranger and not see fear in their eyes but rather a friend that I just haven't met yet.*
- *To say that I've done my part to put a stop to this virus. Maybe someday we can look back on SARS CoV2 like we do smallpox.*
- *For those who have been feeling incredibly isolated and alone with no one else in the house to talk to.*
- *Because I am not afraid.*
- *Because it's just the RIGHT thing to do.*



Taking this vaccine is just a small gesture on my part to end this pandemic.

Please join me when your vaccine offer comes and take the vaccine. Together, we CAN make a difference in this pandemic.

We know many of you are eager to share your own #MyWhy and #IGotTheShot moments with your colleagues throughout Kindred. As you get vaccinated, we invite you to share your vaccine selfies, photos, and videos with us:

- If you are posting to your personal social media account, use the hashtags #MyWhy or #IGotTheShot, and be sure to tag Kindred Healthcare or your respective hospital/facility. This will make it easier for our Social Media team to find your content.
- You also can email your photos or videos to social@kindred.com. Please be sure to include your name, title, and location/facility.

Please note that we do need you to fill out a [release form](#) to give us permission to use your image in our internal communications and/or on our official Kindred Healthcare social media channels. The release can be downloaded [here](#). To submit the release, simply fill it out, take a photo of the completed release, and email it to social@kindred.com. Also, please don't take photos with patients, families, or visitors; we cannot accept/share photos that feature anyone other than our team members.

In addition, attached you will find a few "DOs and DON'Ts" to consider when posting your vaccine photos or videos on social media. If you have any questions about submitting or posting content of your #MyWhy or #IGotTheShot moments, please contact Mark Murdock, Director of Social Media, at mark.murdock@kindred.com.

Submit Your Questions About the Vaccine

As a reminder, we have an email box where you can submit questions related to COVID-19 and the vaccine that you would like to see answered in a future edition of this newsletter. Please submit your question to COVID19EmployeeQuestions@kindred.com.

As always, thank you for all you do for our patients, our partners, and each other. Here's to a safe, healthy, and prosperous year ahead.

Regards,

Ben Breier
Chief Executive Officer
Kindred Healthcare

Responses to Frequently Asked Questions

Kindred has established a dedicated mailbox (COVID19EmployeeQuestions@kindred.com) to collect and answer any questions you may have.

Q. Where can I learn more about the vaccines for the virus that causes COVID-19?

A. The U.S. Centers for Disease Control and Prevention (CDC) recently published overviews of the [Moderna](#) and [Pfizer-BioNTech](#) vaccines. Each overview includes helpful information such as safety information, a list of the most common side effects, and demographic information from clinical trials. You can access the overviews on the CDC's website via the links below:

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

Q. If I have already had COVID-19 and recovered, do I still need to get vaccinated?

A. Yes. [According to the CDC](#), those who have recovered from the virus should still get vaccinated due to the severe health risks associated with COVID-19 and the fact that, although very rarely reported, re-infection with COVID-19 is possible. The timing for the vaccination starts as soon as you are well enough to resume activities – typically 10-14 days after you start to feel sick. Since experts suspect that antibody levels decline in the months after infections, getting vaccinated about 60 - 90 days after infection is also reasonable if you are low risk. However, for healthcare professionals, getting vaccinated as soon as possible provides the most protection.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long. We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work. Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and the CDC will keep the public informed as new evidence becomes available.

Q. After I receive my vaccine, do I need to keep the card/documentation provided to me?

A. [As outlined by the CDC](#), when you are vaccinated you will receive a card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it. As with any important health documentation, we encourage you to retain the information about your COVID-19 vaccine for your health records.

Q. There have been recent reports about new variants of the virus that causes COVID-19 emerging in multiple countries around the world. Where can I find more information about these variants?

A. The [latest update](#) from the CDC states that several new variants have emerged, including new variant strains in the United Kingdom and South Africa. The CDC's site notes that, "Scientists are working to learn more about these variants to better understand how easily they might be transmitted and whether currently authorized vaccines will protect people against them. Currently, there is no evidence that these variants cause more severe illness or increased risk of death." You can find more information about the emerging variants and the CDC's efforts to detect and characterize them by visiting [the CDC's variant resource page](#).

For the full list of the most current responses to frequently asked questions and other updates, please check the following page on a regular basis: <https://www.kindredhealthcare.com/employees/covid-19-updates>