

Colleagues,

As we continue to monitor the COVID-19 pandemic in the New York metropolitan region and across the U.S., it is more important than ever to get a free onsite COVID screening and a flu shot. Help protect yourself, your colleagues, your family and your community.

## Free Onsite COVID-19 Testing

We encourage all employees to get a free onsite COVID-19 test at one of the dozens of MTA locations including Medical Assessment Centers and Occupational Health Services facilities. The new program launched last week and is voluntary. Please visit the MY MTA <u>portal</u> to get the latest schedule, locations and information.

BioReference Laboratories and Quest Diagnostics will conduct the onsite PCR nasal swab tests which will take approximately five minutes. Turnaround time for results will be less than 48 hours under normal circumstances and you will receive results in that timeframe. You can also visit <u>Northwell Health-GoHealth Urgent Care</u> centers to get a free diagnostic test. Testing information can also be found at the New York State Department of Health, or by calling the NYS COVID-19 Hotline at 1-888-364-3065.

## Flu Shot

Last year, only five percent of employees took advantage of the MTA's free flu shot program. So far this year more than 3,000 employees have received their flu shot in just the first month of the program. Keep up the good work and let's keep going! Our goal is to triple participation this year and have at least 15,000 employees get vaccinated.

I want to remind everyone face coverings must be worn in common areas at all times, whether you're in the elevators and waiting areas, hallways, pantries, or crew rooms. **There are no exceptions to this rule**. They must also be worn in conference rooms, with one exception: the mask may be removed temporarily by the individual who is speaking if they cannot be understood and are appropriately social distanced.

You can get a flu shot at more than 50 select MTA <u>locations</u> and at all MTA Medical Assessment Centers (MACs), at your own physician, or free of charge at all Walgreens locations in the New York metropolitan area with a voucher. Mobile field teams have been deployed to make it easier for you to get vaccinated.

Employees should register with the <u>MTA Office of Occupational Health</u>. For an on-site vaccination, please call the number listed in the schedule to register for a time slot in advance.

## Reminder: If you are sick, stay home

All employees should perform daily self-screening at home before coming to work. COVID-19 symptoms include fever (≥ 100 deg.), cough, trouble breathing, chills, muscle aches, headache, sore throat, and loss of taste or smell. If you are experiencing any of these symptoms, remain at home and consult with your healthcare provider before returning to work. For additional information, please watch this <u>video</u>.

Please visit the <u>MTA COVID-19 Employee Resources page</u> or call the COVID-19 hotline at 347-643-8254 to learn more information and to sign up for either a free screening or flu shot. You can also speak directly with your manager.

We encourage you to continue to practice social distancing, good hand sanitization, and monitor yourselves and your family for COVID-19 symptoms such as fever, cough, and shortness of breath.

Please take care of yourselves, your family, and your colleagues. Thank you for your continued hard work!

Regards,

Patrick Warren Chief Safety Officer