



News Release

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8:30 A.M. (Eastern) Thursday, March 12, 2026

REVISION TO SEASONAL ADJUSTMENT FACTORS

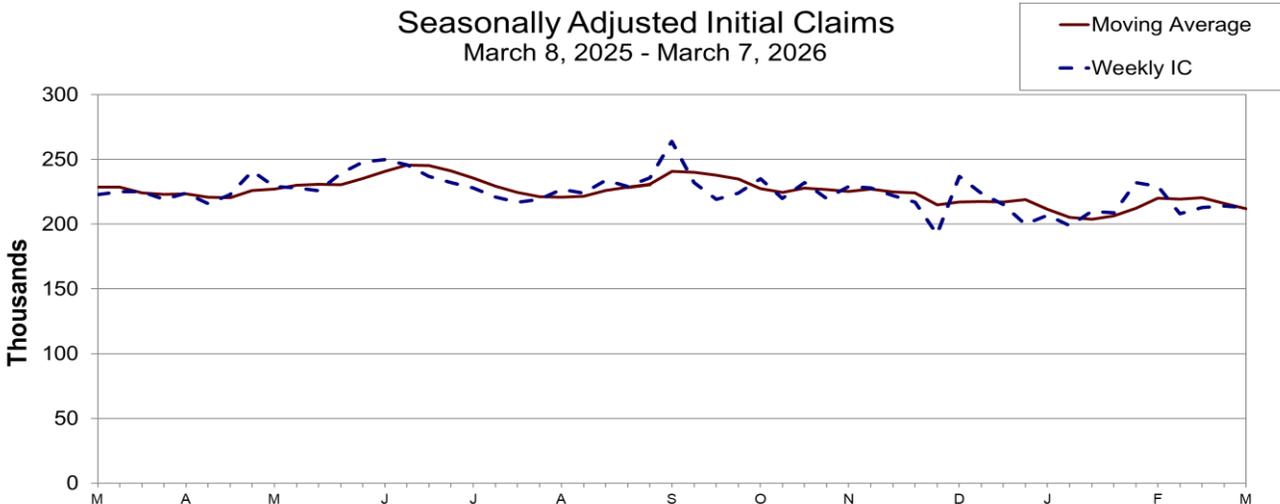
Note: Calendar Year (CY) 2026 seasonal factors and revised seasonal factors for CY 2021-2025 for both initial claims and continued claims will be available at <https://www.bls.gov/lau/seasonal-adjustment-for-weekly-unemployment-insurance-claims.htm> by 12:00 P.M. (Eastern) on Thursday, March 19, 2026. Revisions to the historical series for CY 2021-2025 for both initial claims and continued claims will be published on March 19, 2026, with the release of the Unemployment Insurance Weekly Claims News Release.

UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

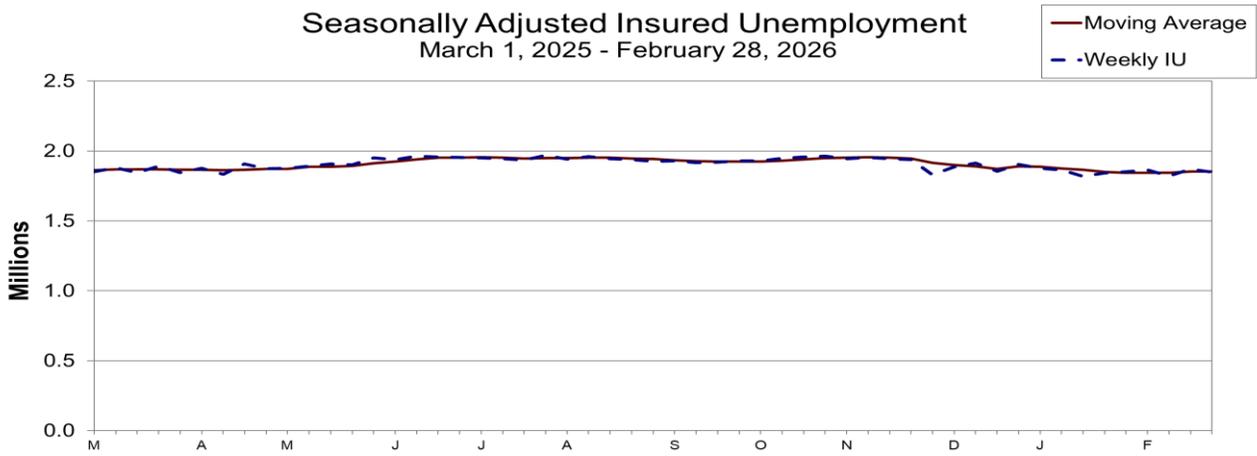
SEASONALLY ADJUSTED DATA

In the week ending March 7, the advance figure for seasonally adjusted **initial claims** was 213,000, a decrease of 1,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 213,000 to 214,000. The 4-week moving average was 212,000, a decrease of 4,000 from the previous week's revised average. The previous week's average was revised up by 250 from 215,750 to 216,000.

The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending February 28, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending February 28 was 1,850,000, a decrease of 21,000 from the previous week's revised level. The previous week's level was revised up 3,000 from 1,868,000 to 1,871,000. The 4-week moving average was 1,851,750, a decrease of 500 from the previous week's revised average. The previous week's average was revised up by 750 from 1,851,500 to 1,852,250.



Seasonally Adjusted Insured Unemployment
March 1, 2025 - February 28, 2026

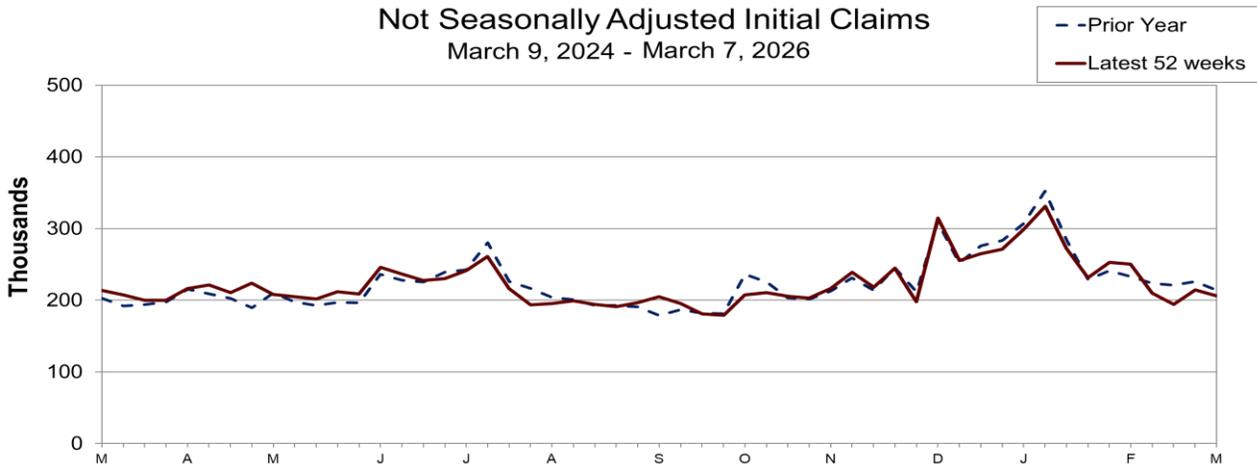


UNADJUSTED DATA

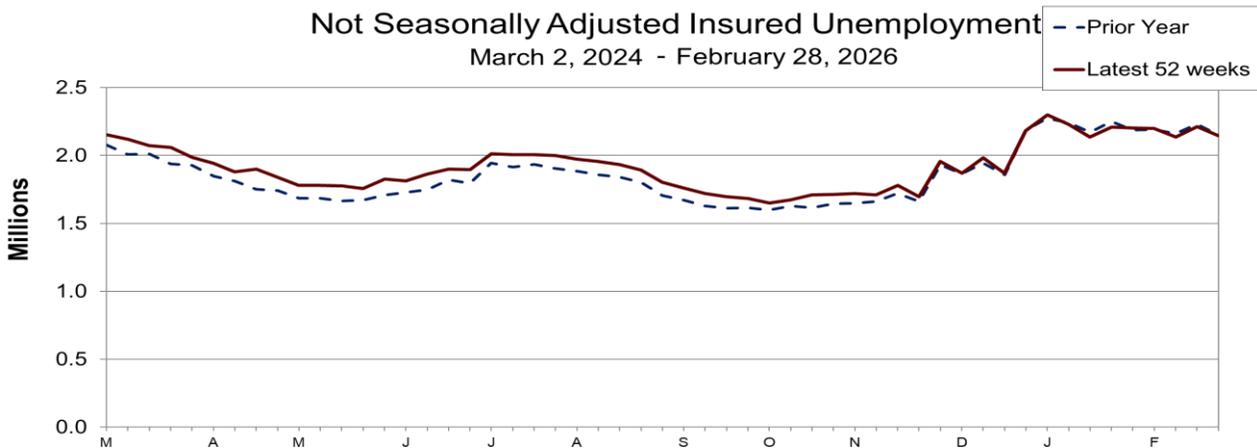
The advance number of actual initial claims under state programs, unadjusted, totaled 206,161 in the week ending March 7, a decrease of 8,108 (or -3.8 percent) from the previous week. The seasonal factors had expected a decrease of 6,843 (or -3.2 percent) from the previous week. There were 214,006 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.4 percent during the week ending February 28, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 2,145,846, a decrease of 65,547 (or -3.0 percent) from the preceding week. The seasonal factors had expected a decrease of 41,160 (or -1.9 percent) from the previous week. A year earlier the rate was 1.4 percent and the volume was 2,151,269.

Not Seasonally Adjusted Initial Claims
March 9, 2024 - March 7, 2026



Not Seasonally Adjusted Insured Unemployment
March 2, 2024 - February 28, 2026



The total number of continued weeks claimed for benefits in all programs for the week ending February 21 was 2,248,526, an increase of 75,257 from the previous week. There were 2,265,341 weekly claims filed for benefits in all programs in the comparable week in 2025.

No state was triggered "on" the Extended Benefits program during the week ending February 21.

Initial claims for UI benefits filed by former Federal civilian employees totaled 617 in the week ending February 28, an increase of 88 from the prior week. There were 342 initial claims filed by newly discharged veterans, a decrease of 27 from the preceding week.

There were 12,544 continued weeks claimed filed by former Federal civilian employees the week ending February 21, an increase of 562 from the previous week. Newly discharged veterans claiming benefits totaled 4,700, an increase of 355 from the prior week.

The highest insured unemployment rates in the week ending February 21 were in Rhode Island (3.3), Massachusetts (2.9), New Jersey (2.9), Washington (2.5), Minnesota (2.4), California (2.3), New York (2.3), Illinois (2.2), Montana (2.2), Connecticut (2.1), and Michigan (2.1).

The largest increases in initial claims for the week ending February 28 were in New York (+17,265), Michigan (+4,482), New Jersey (+1,247), Texas (+964), and Connecticut (+790), while the largest decreases were in Rhode Island (-1,620), Oklahoma (-1,284), Massachusetts (-980), Tennessee (-929), and California (-804).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	March 7	February 28	Change	February 21	Prior Year¹
Initial Claims (SA)	213,000	214,000	-1,000	213,000	223,000
Initial Claims (NSA)	206,161	214,269	-8,108	194,270	214,006
4-Wk Moving Average (SA)	212,000	216,000	-4,000	220,500	228,500

WEEK ENDING	February 28	February 21	Change	February 14	Prior Year¹
Insured Unemployment (SA)	1,850,000	1,871,000	-21,000	1,822,000	1,851,000
Insured Unemployment (NSA)	2,145,846	2,211,393	-65,547	2,137,682	2,151,269
4-Wk Moving Average (SA)	1,851,750	1,852,250	-500	1,844,750	1,862,750
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.2%	1.2%
Insured Unemployment Rate (NSA) ²	1.4%	1.4%	0.0	1.4%	1.4%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	February 28	February 21	Change	Prior Year¹
Federal Employees (UCFE)	617	529	+88	1,580
Newly Discharged Veterans (UCX)	342	369	-27	364

CONTINUED WEEKS CLAIMED FILED FOR UI BENEFITS IN ALL PROGRAMS (UNADJUSTED)

WEEK ENDING	February 21	February 14	Change	Prior Year¹
Regular State	2,203,554	2,130,362	+73,192	2,222,155
Federal Employees	12,544	11,982	+562	8,215
Newly Discharged Veterans	4,700	4,345	+355	4,376
Extended Benefits ³	30	13	+17	122
State Additional Benefits ⁴	3,617	3,365	+252	2,851
STC / Workshare ⁵	24,081	23,202	+879	27,622
TOTAL	2,248,526	2,173,269	+75,257	2,265,341

FOOTNOTES

SA - Seasonally Adjusted Data, NSA - Not Seasonally Adjusted Data Continued weeks claimed represent all weeks of benefits claimed during the week being reported, and do not represent weeks claimed by unique individuals.

1. Prior year is comparable to most recent data.
2. Most recent week used covered employment of 153,398,888 as denominator.
3. Information on the EB program can be found here: [EB Program information](#)
4. Some states maintain additional benefit programs for those claimants who exhaust regular benefits, and when applicable, extended benefits. Information on states that participate, and the extent of benefits paid, can be found starting on page 4-5 of this link: [Extensions and Special Programs PDF](#)
5. Information on STC/Worksharing can be found starting on page 4-11 of the following link: [Extensions and Special Programs PDF](#)

Advance State Claims - Not Seasonally Adjusted

STATE	Initial Claims Filed During Week Ended March 7			Insured Unemployment For Week Ended February 28		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,622	1,691	-69	7,630	8,593	-963
Alaska	552	471	81	2,128	5,288	-3,160
Arizona	2,414	2,344	70	15,681	17,484	-1,803
Arkansas	1,566	1,625	-59	4,416	5,053	-637
California	42,981	41,759	1,222	407,414	416,762	-9,348
Colorado	3,175	2,819	356	36,106	37,293	-1,187
Connecticut	3,470	3,888	-418	35,562	35,434	128
Delaware	319	292	27	6,860	6,949	-89
District of Columbia	805	824	-19	8,876	8,028	848
Florida	5,458	5,084	374	25,243	29,449	-4,206
Georgia	4,320	4,153	167	25,212	26,821	-1,609
Hawaii	1,071	950	121	5,714	5,564	150
Idaho	952	899	53	9,813	10,835	-1,022
Illinois	7,724	7,326	398	124,822	129,302	-4,480
Indiana	2,577	2,514	63	24,641	25,117	-476
Iowa	1,450	1,524	-74	18,344	19,289	-945
Kansas	1,244	1,287	-43	9,712	9,044	668
Kentucky	1,755	1,963	-208	13,495	17,531	-4,036
Louisiana	1,118	1,258	-140	5,152	6,609	-1,457
Maine	646	493	153	9,831	9,582	249
Maryland	2,068	2,202	-134	26,776	26,626	150
Massachusetts	5,611	4,713	898	101,353	104,359	-3,006
Michigan	5,697	8,220	-2,523	80,466	91,300	-10,834
Minnesota	3,919	3,789	130	73,758	70,602	3,156
Mississippi	745	820	-75	5,570	6,335	-765
Missouri	6,138	2,337	3,801	20,201	22,434	-2,233
Montana	566	600	-34	10,546	10,855	-309
Nebraska	591	598	-7	7,665	8,158	-493
Nevada	2,511	2,440	71	27,231	28,075	-844
New Hampshire	411	972	-561	4,291	4,824	-533
New Jersey	9,750	10,475	-725	125,781	121,275	4,506
New Mexico	782	786	-4	11,091	10,961	130
New York	16,978	31,338	-14,360	209,309	223,330	-14,021
North Carolina	3,218	3,051	167	18,766	20,252	-1,486
North Dakota	374	378	-4	6,834	6,440	394
Ohio	5,588	4,921	667	59,885	62,251	-2,366
Oklahoma	861	1,108	-247	10,365	10,515	-150
Oregon	5,115	4,569	546	41,854	39,746	2,108
Pennsylvania	11,043	9,806	1,237	112,372	114,335	-1,963
Puerto Rico *	1,030	1,028	2	16,347	16,328	19
Rhode Island	1,172	1,049	123	16,608	16,203	405
South Carolina	1,754	1,972	-218	14,602	15,565	-963
South Dakota	184	207	-23	3,100	3,127	-27
Tennessee	2,870	2,603	267	17,675	18,469	-794
Texas	15,565	15,662	-97	146,366	155,929	-9,563
Utah	1,686	1,413	273	15,320	15,978	-658
Vermont	315	790	-475	4,574	3,898	676
Virgin Islands *	9	10	-1	202	224	-22
Virginia	4,008	2,528	1,480	22,246	20,560	1,686
Washington	5,783	5,939	-156	93,841	88,876	4,965
West Virginia	633	683	-50	9,177	8,676	501
Wisconsin	3,597	3,769	-172	31,923	31,968	-45
Wyoming	370	329	41	3,099	2,892	207
US Total	206,161	214,269	-8,108	2,145,846	2,211,393	-65,547

Note: Advance claims are not directly comparable to claims reported in prior weeks. Advance claims are reported by the state liable for paying the unemployment compensation, whereas previous weeks reported claims reflect claimants by state of residence. In addition, claims reported as "workshare equivalent" in the previous week are added to the advance claims as a proxy for the current week's "workshare equivalent" activity.

*Denotes OUI estimate.

Seasonally Adjusted US Weekly UI Claims (in thousands)

Week Ending	Initial Claims	Change from		Insured Unemployment	Change from		IUR
		Prior Week	4-Week Average		Prior Week	4-Week Average	
March 1, 2025	224	-19	226.50	1,851	-41	1,862.75	1.2
March 8, 2025	223	-1	228.50	1,881	30	1,867.75	1.2
March 15, 2025	225	2	228.75	1,847	-34	1,867.75	1.2
March 22, 2025	225	0	224.25	1,893	46	1,868.00	1.2
March 29, 2025	219	-6	223.00	1,844	-49	1,866.25	1.2
April 5, 2025	224	5	223.25	1,878	34	1,865.50	1.2
April 12, 2025	216	-8	221.00	1,833	-45	1,862.00	1.2
April 19, 2025	223	7	220.50	1,908	75	1,865.75	1.3
April 26, 2025	241	18	226.00	1,872	-36	1,872.75	1.2
May 3, 2025	229	-12	227.25	1,877	5	1,872.50	1.2
May 10, 2025	228	-1	230.25	1,893	16	1,887.50	1.2
May 17, 2025	226	-2	231.00	1,907	14	1,887.25	1.3
May 24, 2025	239	13	230.50	1,902	-5	1,894.75	1.2
May 31, 2025	248	9	235.25	1,951	49	1,913.25	1.3
June 7, 2025	250	2	240.75	1,937	-14	1,924.25	1.3
June 14, 2025	246	-4	245.75	1,964	27	1,938.50	1.3
June 21, 2025	237	-9	245.25	1,956	-8	1,952.00	1.3
June 28, 2025	232	-5	241.25	1,954	-2	1,952.75	1.3
July 5, 2025	228	-4	235.75	1,951	-3	1,956.25	1.3
July 12, 2025	221	-7	229.50	1,946	-5	1,951.75	1.3
July 19, 2025	217	-4	224.50	1,936	-10	1,946.75	1.3
July 26, 2025	219	2	221.25	1,968	32	1,950.25	1.3
August 2, 2025	227	8	221.00	1,942	-26	1,948.00	1.3
August 9, 2025	224	-3	221.75	1,961	19	1,951.75	1.3
August 16, 2025	234	10	226.00	1,944	-17	1,953.75	1.3
August 23, 2025	229	-5	228.50	1,939	-5	1,946.50	1.3
August 30, 2025	236	7	230.75	1,927	-12	1,942.75	1.3
September 6, 2025	264	28	240.75	1,928	1	1,934.50	1.3
September 13, 2025	232	-32	240.25	1,916	-12	1,927.50	1.3
September 20, 2025	219	-13	237.75	1,921	5	1,923.00	1.3
September 27, 2025	224	5	234.75	1,929	8	1,923.50	1.3
October 4, 2025	235	11	227.50	1,928	-1	1,923.50	1.3
October 11, 2025	220	-15	224.50	1,947	19	1,931.25	1.3
October 18, 2025	232	12	227.75	1,957	10	1,940.25	1.3
October 25, 2025	220	-12	226.75	1,964	7	1,949.00	1.3
November 1, 2025	229	9	225.25	1,946	-18	1,953.50	1.3
November 8, 2025	228	-1	227.25	1,953	7	1,955.00	1.3
November 15, 2025	222	-6	224.75	1,944	-9	1,951.75	1.3
November 22, 2025	217	-5	224.00	1,937	-7	1,945.00	1.3
November 29, 2025	192	-25	214.75	1,830	-107	1,916.00	1.2
December 6, 2025	237	45	217.00	1,885	55	1,899.00	1.2
December 13, 2025	224	-13	217.50	1,914	29	1,891.50	1.2
December 20, 2025	215	-9	217.00	1,856	-58	1,871.25	1.2
December 27, 2025	200	-15	219.00	1,903	47	1,889.50	1.2
January 3, 2026	207	7	211.50	1,875	-28	1,887.00	1.2
January 10, 2026	199	-8	205.25	1,865	-10	1,874.75	1.2
January 17, 2026	210	11	204.00	1,819	-46	1,865.50	1.2
January 24, 2026	209	-1	206.25	1,841	22	1,850.00	1.2
January 31, 2026	232	23	212.50	1,852	11	1,844.25	1.2
February 7, 2026	229	-3	220.00	1,864	12	1,844.00	1.2
February 14, 2026	208	-21	219.50	1,822	-42	1,844.75	1.2
February 21, 2026	213	5	220.50	1,871	49	1,852.25	1.2
February 28, 2026	214	1	216.00	1,850	-21	1,851.75	1.2
March 7, 2026	213	-1	212.00				

INITIAL CLAIMS FILED DURING WEEK ENDED
FEBRUARY 28

INSURED UNEMPLOYMENT FOR WEEK ENDED
FEBRUARY 21

STATE NAME	STATE	CHANGE FROM		UCFE ¹	UCX ¹	STATE	(%) ²	CHANGE FROM		UCFE ¹	UCX ¹	TOTAL INSURED UNEMPLOYMENT
		LAST WEEK	YEAR AGO					LAST WEEK	YEAR AGO			
Alabama	1,691	70	-133	6	8	8,593	0.4	-309	-417	63	12	8,668
Alaska	471	18	16	1	0	5,288	1.7	-141	11	89	6	5,383
Arizona	2,344	-42	-793	0	4	17,484	0.6	-174	-4,966	98	21	17,603
Arkansas	1,625	314	152	1	0	5,053	0.4	652	-3,276	20	2	5,075
California	41,759	-804	-303	113	66	416,762	2.3	41,840	-14,350	2,043	1,292	420,097
Colorado	2,819	-170	-184	7	13	37,293	1.3	1,600	3,522	329	194	37,816
Connecticut	3,888	790	952	0	4	35,434	2.1	2,581	164	51	28	35,513
Delaware	292	5	97	3	2	6,949	1.5	311	313	17	2	6,968
District of Columbia	824	217	-581	42	1	8,028	1.4	-75	-2,236	1,073	6	9,107
Florida	5,084	-524	-482	24	21	29,449	0.3	487	-3,899	189	76	29,714
Georgia	4,153	-18	-622	36	17	26,821	0.6	-330	-3,338	253	75	27,149
Hawaii	950	-184	78	2	7	5,564	0.9	-268	141	53	60	5,677
Idaho	899	-7	-370	2	1	10,835	1.3	-177	-1,079	174	9	11,018
Illinois	7,326	115	-2,689	9	6	129,302	2.2	-68	-10,479	525	124	129,951
Indiana	2,514	45	-449	40	2	25,117	0.8	-511	-1,425	59	22	25,198
Iowa	1,524	-19	-385	1	0	19,289	1.3	-1,665	-5,412	20	7	19,316
Kansas	1,287	289	-203	1	0	9,044	0.6	-253	-4,237	38	23	9,105
Kentucky	1,963	194	-951	1	0	17,531	0.9	2,291	3,972	92	37	17,660
Louisiana	1,258	157	-146	3	0	6,609	0.3	-195	-4,926	49	8	6,666
Maine	493	-150	-123	1	0	9,582	1.5	120	270	40	3	9,625
Maryland	2,202	73	-383	54	10	26,626	1.0	-635	173	734	62	27,422
Massachusetts	4,713	-980	-658	5	0	104,359	2.9	5,465	11,593	309	52	104,720
Michigan	8,220	4,482	2,594	4	2	91,300	2.1	12,677	10,780	201	33	91,534
Minnesota	3,789	166	-560	3	3	70,602	2.4	-65	-3,288	141	64	70,807
Mississippi	820	-29	44	5	1	6,335	0.6	-9	-298	49	10	6,394
Missouri	2,337	28	-1,149	3	2	22,434	0.8	285	-4,713	109	18	22,561
Montana	600	-78	-80	10	0	10,855	2.2	262	-843	365	10	11,230
Nebraska	598	74	-648	3	1	8,158	0.8	-229	90	21	1	8,180
Nevada	2,440	-367	120	3	0	28,075	1.8	623	1,737	156	63	28,294
New Hampshire	972	494	-1	2	1	4,824	0.7	10	560	18	0	4,842
New Jersey	10,475	1,247	1,248	22	22	121,275	2.9	-1,364	-15	342	226	121,843
New Mexico	786	-4	-67	1	1	10,961	1.3	58	102	130	30	11,121
New York	31,338	17,265	1,287	21	15	223,330	2.3	13,811	27,062	609	233	224,172
North Carolina	3,051	-149	-290	5	0	20,252	0.4	-479	-6,599	113	79	20,444
North Dakota	378	72	46	3	0	6,440	1.5	-55	-62	14	3	6,457
Ohio	4,921	-56	-1,628	8	6	62,251	1.1	-4,115	-6,229	130	79	62,460
Oklahoma	1,108	-1,284	-149	4	3	10,515	0.6	140	168	74	35	10,624
Oregon	4,569	-368	468	16	4	39,746	2.0	182	5,130	632	80	40,458
Pennsylvania	9,806	320	-1,383	13	9	114,335	1.9	-1,964	-5,357	499	116	114,950
Puerto Rico	1,028	-138	-97	7	1	16,328	1.8	-646	-105	312	69	16,709
Rhode Island	1,049	-1,620	43	3	0	16,203	3.3	1,619	52	43	15	16,261
South Carolina	1,972	79	43	6	6	15,565	0.7	8	636	51	40	15,656
South Dakota	207	5	7	1	0	3,127	0.7	-11	-93	22	2	3,151
Tennessee	2,603	-929	-132	1	7	18,469	0.6	-419	953	59	36	18,564
Texas	15,662	964	-653	69	84	155,929	1.1	5,534	3,349	714	840	157,483
Utah	1,413	448	-129	14	3	15,978	0.9	-194	584	296	20	16,294
Vermont	790	406	119	0	0	3,898	1.3	-3	85	2	0	3,900
Virgin Islands	10	-1	-39	1	0	224	0.7	20	-62	20	2	246
Virginia	2,528	-5	-353	15	5	20,560	0.5	-138	2,889	277	69	20,906
Washington	5,939	21	-51	13	3	88,876	2.5	-385	3,427	655	384	89,915
West Virginia	683	-326	-287	4	1	8,676	1.3	-1,521	-1,831	63	13	8,752
Wisconsin	3,769	-101	-1,899	2	0	31,968	1.1	-461	-5,849	59	6	32,033
Wyoming	329	-6	-14	3	0	2,892	1.1	-6	-56	50	3	2,945
Totals	214,269	19,999	-11,750	617	342	2,211,393	1.4	73,711	-17,677	12,544	4,700	2,228,637

Figures appearing in columns showing over-the-week changes reflect all revisions in data for prior week submitted by state agencies.

1. The Unemployment Compensation program for Federal Employees (UCFE) and the Unemployment Compensation for Ex-servicemembers (UCX) exclude claims filed jointly under other programs to avoid duplication.
2. Rate is not seasonally adjusted. The source of U.S. total covered employment is BLS.

UNADJUSTED INITIAL CLAIMS FOR WEEK ENDED FEBRUARY 28, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
NY	+17,265	Layoffs in transportation and warehousing, accommodation and food services, and in health care and social assistance industries.
MI	+4,482	Layoffs in manufacturing industry.
NJ	+1,247	No comment.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
RI	-1,620	No comment.
OK	-1,284	No comment.

TECHNICAL NOTES

This news release presents the weekly unemployment insurance (UI) claims reported by each state's unemployment insurance program offices. These claims may be used for monitoring workload volume, assessing state program operations and for assessing labor market conditions. States initially report claims directly taken by the state liable for the benefit payments, regardless of where the claimant who filed the claim resided. These are the basis for the advance initial claims and continued claims reported each week. These data come from ETA 538, Advance Weekly Initial and Continued Claims Report. The following week initial claims and continued claims are revised based on a second reporting by states that reflect the claimants by state of residence. These data come from the ETA 539, Weekly Claims and Extended Benefits Trigger Data Report.

A. Initial Claims

An initial claim is a claim filed by an unemployed individual after a separation from an employer. The claimant requests a determination of basic eligibility for the UI program. When an initial claim is filed with a state, certain programmatic activities take place and these result in activity counts including the count of initial claims. The count of U.S. initial claims for unemployment insurance is a leading economic indicator because it is an indication of emerging labor market conditions in the country. However, these are weekly administrative data which are difficult to seasonally adjust, making the series subject to some volatility.

B. Continued Weeks Claimed

A person who has already filed an initial claim and who has experienced a week of unemployment then files a continued claim to claim benefits for that week of unemployment. On a weekly basis, continued claims are also referred to as insured unemployment, as continued claims reflect a good approximation of the current number of insured unemployed workers filing for UI benefits. The count of U.S. continued weeks claimed is also a good indicator of labor market conditions. While continued claims are not a leading indicator (they roughly coincide with economic cycles at their peaks and lag at cycle troughs), they provide confirming evidence of the direction of the U.S. economy.

C. Seasonal Adjustments and Annual Revisions

Over the course of a year, the weekly changes in the levels of initial claims and continued claims undergo regularly occurring fluctuations. These fluctuations may result from seasonal changes in weather, major holidays, the opening and closing of schools, or other similar events. Because these seasonal events follow a more or less regular pattern each year, their influence on the level of a series can be tempered by adjusting for regular seasonal variation. These adjustments make trend and cycle developments easier to spot. At the beginning of each calendar year, the Bureau of Labor Statistics provides the Employment and Training Administration (ETA) with a set of seasonal factors to apply to the unadjusted data during that year. Concurrent with the implementation and release of the new seasonal factors, ETA incorporates revisions to the UI claims historical series caused by updates to the unadjusted data. For further questions on the seasonal adjustment methodology, please see the [official release page for the UI claims seasonal adjustment factors](#) or contact BLS directly through the [Local Area Unemployment Statistics web contact form](#).

[Weekly Claims Archives](#)
[Weekly Claims Data](#)

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Employment and Training Administration
Washington, D.C. 20210
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Program Contacts:
Lawrence S. Essien: (202) 693-3087
Media Contact: (202) 693-4676