

# COVID-19 VACCINE UPDATE

We want it to be easy for everyone to get a COVID-19 vaccine as soon as large quantities are available. However, we will only have a limited supply of the vaccine at first. This means that Tribes and Tribal Health Programs must develop plans to make sure those who are most at-risk get the vaccine first, and that vaccines are distributed in a fair, ethical, and transparent way.

The first phase (Phase 1a) of the vaccine will be for:

- **Health care workers**
- **Residents of long-term care facilities such as skilled nursing and assisted living facilities**

The next phase (Phase 1b) includes:

- **Essential workers such as firefighters, police officers, child care workers**
- **Persons aged 75 and older**



**While you're waiting for a COVID-19 vaccine, please continue to follow public safety guidelines:**



Physical  
Distancing



Frequent  
Hand-Washing



Limiting Group  
Gatherings



Restricting Non-  
Essential Travel



Wear a Face  
Covering

Both vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain.

Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. It is recommended that individuals who carry an EpiPen for their allergies should bring it to their appointment.

CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate. Talk to your health care practitioner if you have any concerns about whether you should receive it.

**#CovidVaccineSavesLives #StayHomeSaveLives**

California Rural Indian Health Board, Inc.

CRIHB COVID-19 Resources: <https://crihb.org/prevention-and-education/public-health/>

