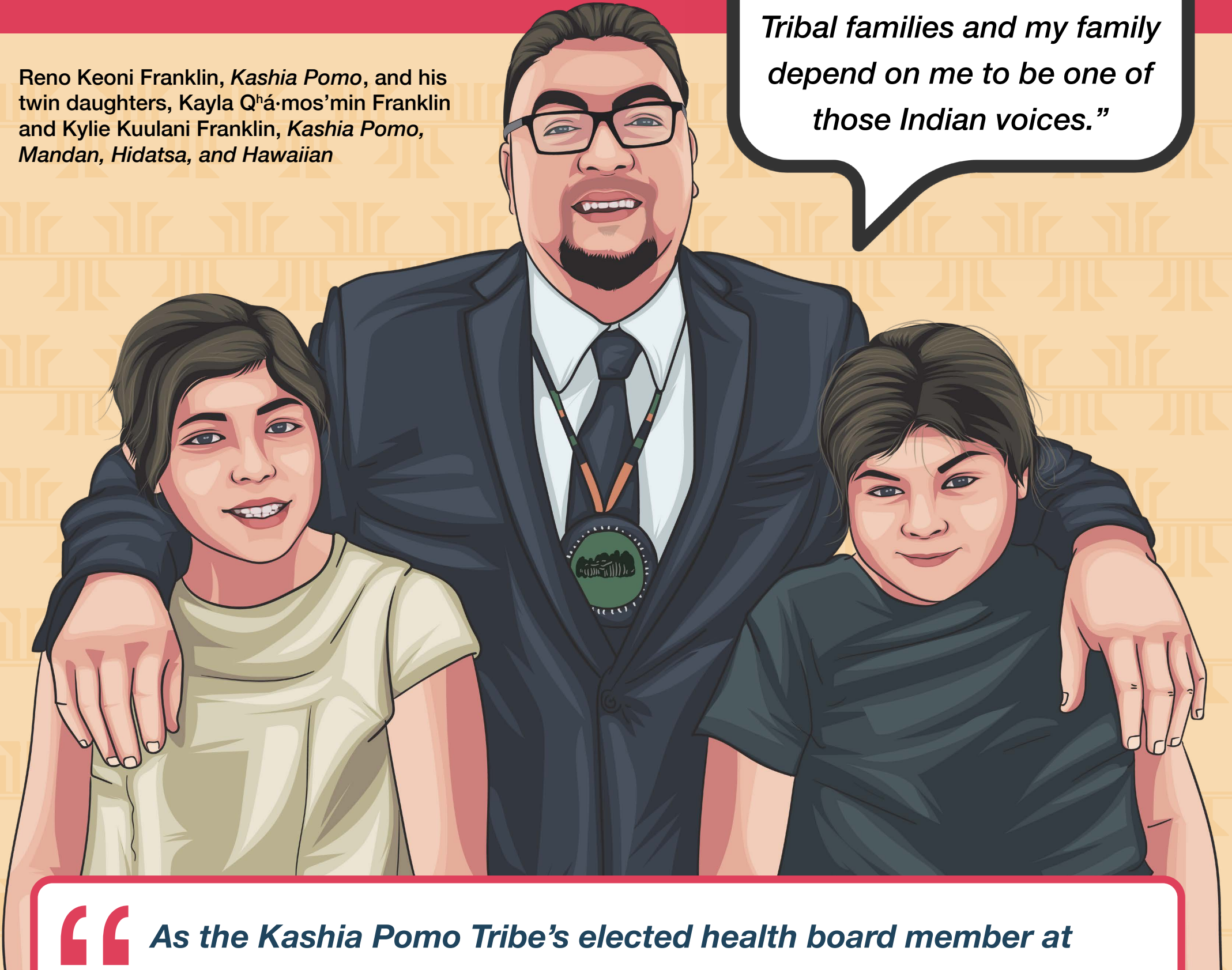


#CovidVaccineSavesLives

#ProtectOurElders

Reno Keoni Franklin, *Kashia Pomo*, and his twin daughters, Kayla Q^há·mos'min Franklin and Kylie Kuulani Franklin, *Kashia Pomo*, *Mandan, Hidatsa, and Hawaiian*

“Our Tribal members, our Tribal families and my family depend on me to be one of those Indian voices.”



“ As the *Kashia Pomo Tribe’s* elected health board member at *Sonoma County Indian Health Project, Inc.*, it is my duty to do all that I can to provide health care to our Tribal members. I chose to take the **COVID-19 vaccine because I was asking our hard working staff, our Tribal community, our elders, our language speakers, and our leaders to protect themselves by taking the vaccine. As leaders, we must set the example. ”**

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, but first talk to your health care practitioner if you have any concerns about whether you should receive it.



California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>

