



*Do all that you can to protect each other.  
Our ancestors gave their lives to protect  
our future. Now it's our turn to protect  
each other."*

*- Walt Lara, Sr.  
Yurok Tribe*



# *#ProtectOurElders*

# *#CovidVaccineSavesLives*

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/>