

#ProtectOurElders #CovidVaccineSavesLives

“I chose to get the COVID-19 vaccine to protect my children and grandchildren, my patients, and all of our communities. We must turn the tide against COVID-19. Our people will survive this with your help.”

**Antoinette Martinez, MD,
Chumash
Physician, United Indian
Health Services, Inc.**



Both the Moderna and Pfizer 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.
COVID-19 Resources:
<https://crihb.org/prevention-and-education/public-health/>

