



PROTECT OUR COMMUNITIES:

Wear a face covering, practice physical distancing, and be sure to wash (allehwas) hands (esally).

“I wear a face covering to protect my loved ones.”

“Our youth are observing. Let’s live responsibly and respectfully to protect our people.”

Erica M. Pinto, Tribal Chairwoman,
Jamul Indian Village



Wear a Face Covering



Practice Physical Distancing



Wash (allehwas) Your Hands (esally)

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.

#StayHomeSaveLives



California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources:
<https://crihb.org/prevention-and-education/public-health/>

