

#CovidVaccineSavesLives

#ProtectOurElders



I took the COVID-19 vaccine to protect myself, my family, my children, Tribal youth, and their families. I want to contribute to us getting our lives back to normal. I want to contribute to lowering positive cases because our health care systems and workers are overwhelmed. The vaccine can help mitigate the effects of COVID-19, which can reduce hospitalizations and save resources and lives.



**Willie J. Carrillo, Sr., Tule River Yokut
Vice-Chairman, Tule River Indian Health
Center, Inc. Board of Directors**



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. 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/>

