

COVID-19 VACCINE UPDATE



Currently, the State of California is administering the vaccine to groups identified in Phase 1A and Phase 1B, Tier 1. Beginning **March 15, 2021**, health care providers may use their clinical judgment to vaccinate certain individuals. Such individuals are those considered to be at highest risk for severe illness and death from COVID-19. High risk individuals are between the ages of 16 and 64 with one or more of the below severe health conditions:

- Cancer, current with debilitated or immunocompromised state
- Chronic kidney disease, stage 4 or above
- Chronic pulmonary disease requiring oxygen
- Down syndrome
- Immunocompromised state (weakened immune system) from solid organ transplant
- Pregnancy
- Sickle cell disease
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies (excludes hypertension)
- Severe obesity (Body Mass Index ≥ 40 kg/m²)
- Type 2 diabetes mellitus with hemoglobin A1c level greater than 7.5%

Your Tribe or Tribal Health Program may or may not be following the State's vaccine prioritization list. Contact them to determine your eligibility.

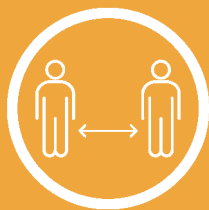
Phase 1A:

- **Health care workers**
- **Residents of long-term care facilities such as skilled nursing and assisted living facilities**

Phase 1B:

- **Essential workers in industries such as emergency services, food and agriculture, education and child care**
- **Persons aged 65 and older**

Please continue to follow public safety guidelines:



Physical
Distancing



Frequent
Hand-Washing



Limiting Group
Gatherings



Restricting Non-
Essential Travel



Wearing a Face
Covering

The Moderna, Pfizer, and Janssen 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.

#CovidVaccineSavesLives #StayHomeSaveLives

California Rural Indian Health Board, Inc.

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

