

# #CovidVaccineSavesLives

## #ProtectOurElders

**Daniel Calac, MD**  
***Pauma Band of Luiseño Indians***  
***Chief Medical Officer,***  
***Indian Health Council, Inc.***



“

***As a physician, I am committed to the preservation of human life and as a community member, I have exhibited this by 20 years of health care service at the Indian Health Council, Inc. The COVID-19 vaccine is a chance to continue that mission to protect the community and empower their health. I hope you will join me in doing your part to protect your family and loved ones during this pandemic. Help me practice the “3 Ws” by Washing your hands, Wearing a face covering, and Watching your physical distancing of 6 feet. Please get vaccinated, protect yourself, and protect others to help slow the spread.***

”

California Rural Indian Health Board, Inc.

COVID-19 Resources:

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



**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.**