



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



**Wash (allahwas) Your
Hands (esally)**



Practice Physical Distancing

#CovidVaccineSavesLives

#ProtectOurElders

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.