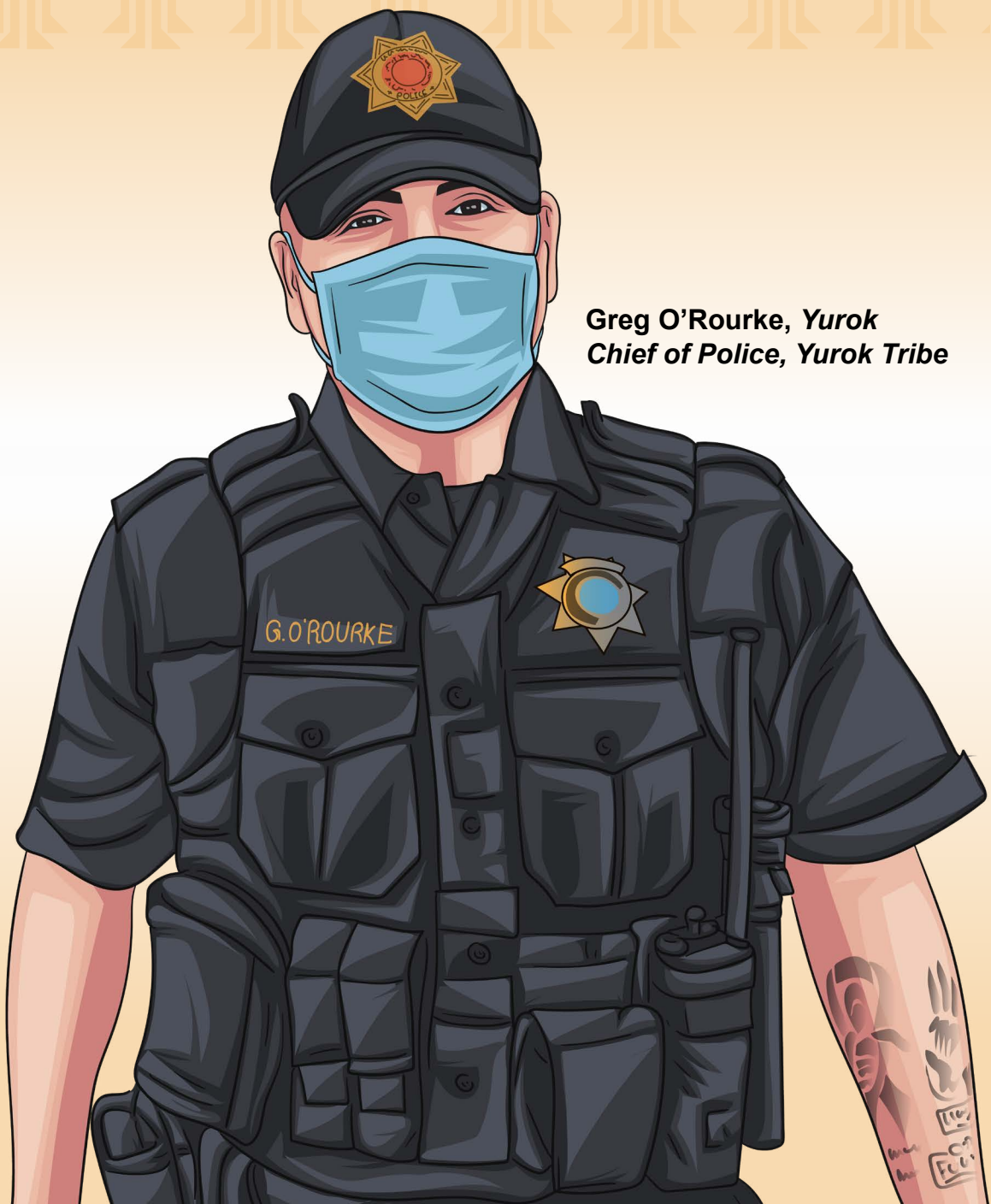


# #CovidVaccineSavesLives #ProtectOurElders



**Greg O'Rourke, Yurok  
Chief of Police, Yurok Tribe**

“

***As a police officer,  
I cannot create a cure for the  
COVID-19 disease, but I can do  
my part by taking the COVID-19  
vaccine. This vaccine can help  
stop transmission and spread,  
one person and one  
family at a time.***

”

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.**