

#CovidVaccineSavesLives
#ProtectOurElders



***“Behave yourselves
and wear your
face covering”***

**Joy Sundberg, Yurok
Former Chairwoman,
Cher-Ae Heights Indian Community
Former Chairwoman, Board of Directors,
United Indian Health Services, Inc.**

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There's a lot of conflicting information out there. Talk to your doctors or public health experts about any concerns you may have about the vaccine. Our people are dying at disproportionate rates. We need every tool we have to fight this virus. We need to strengthen our immune systems. Take vitamins and our natural medicines, eat healthy foods, wash your hands frequently, and wear a face covering in public. These actions will save lives and help protect our elders, families, and communities.

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**Lisa Sundberg, Yurok
Board of Directors, United Indian Health Services, Inc.
Chair, National Institutes of Health Tribal Advisory Committee**

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.