

# #KeepHoopaHealthy #ProtectOurElders



***“We get the flu shot every year, so why not get the COVID vaccine? It can help prevent us from getting severely sick.”***

**Lillian Hostler, 92, oldest living Hoopa Valley Tribal Member**



***“I chose to get the vaccine because my community, my family and my elders are invaluable. We have a responsibility to care about the health and wellness of our people so we thrive for generations to come. If my 92-year-old grandma got the vaccine, I surely was going to follow her lead.”***

**Heather Hostler, Hoopa Valley Tribe  
Office of Tribal Affairs Director,  
California Department of Social Services**

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.



California Rural Indian Health Board, Inc.  
COVID-19 Resources:  
<https://crihb.org/prevention-and-education/public-health/>

