

#CovidVaccineSavesLives

#ProtectOurElders



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I encourage everyone to learn about the COVID-19 vaccines and have all of their questions and concerns addressed so that they can make an informed decision about what is right for them.

My patients, family, and friends have chosen to get the vaccine to protect their families, their elders, their children, and themselves.

They also use it as an added layer of protection to be able to work and interact with the people they need to be with.

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“sqilikit a 'axiyip”

(The medicine heals me)

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/>

