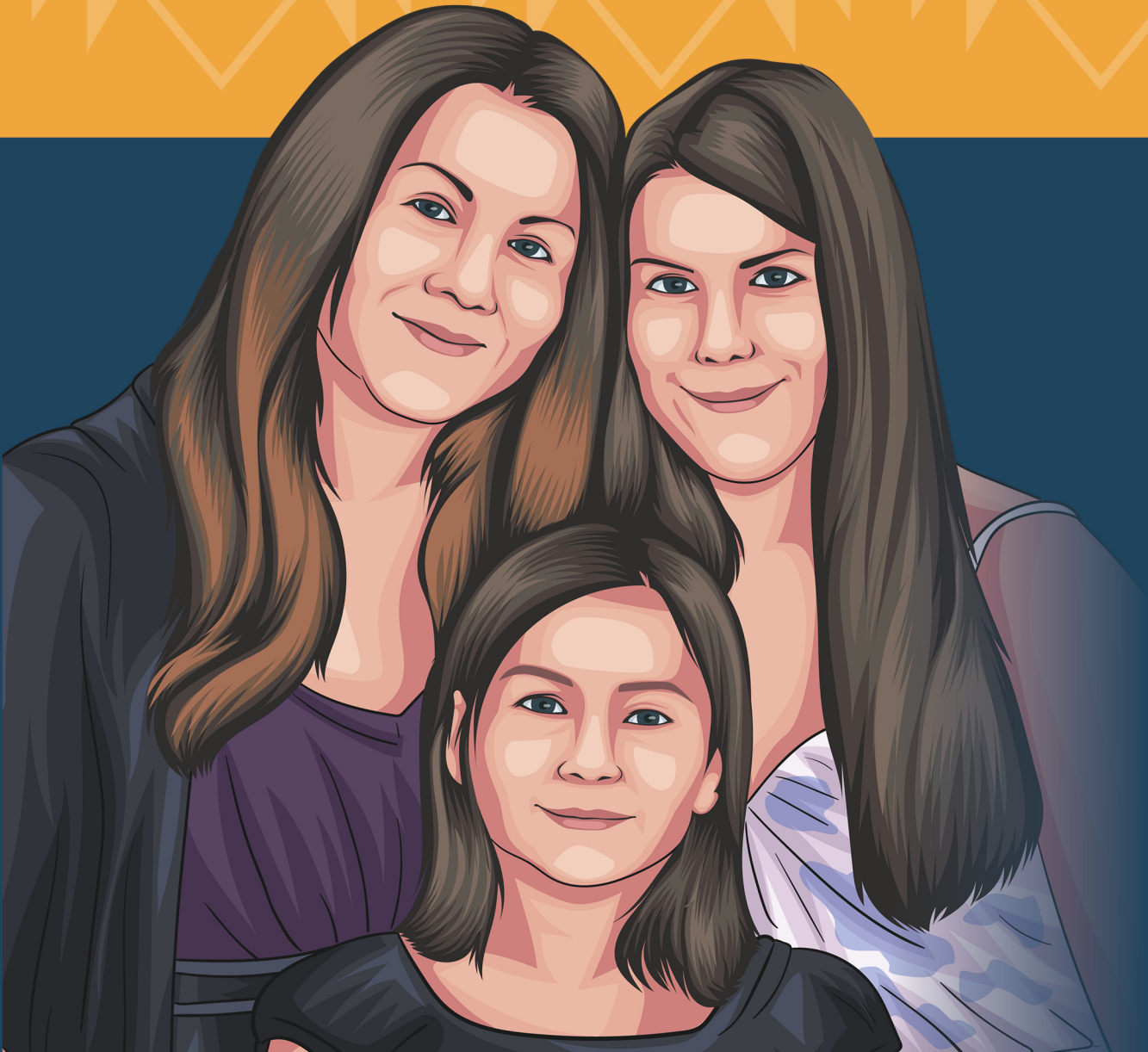


#CovidVaccineSavesLives

#ProtectOurElders





As leaders, it is our responsibility to maintain the health and safety of our Tribal people. Seeing our people sick from the COVID-19 virus has made me more responsive to getting the COVID-19 vaccine to protect our people.

**Norma Contreras, Kumeyaay, Luiseño, and Mojave
Chairwoman, La Jolla Band of Luiseño Indians**



California Rural Indian Health Board, Inc.

COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>



Both the Moderna and Pfizer 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.