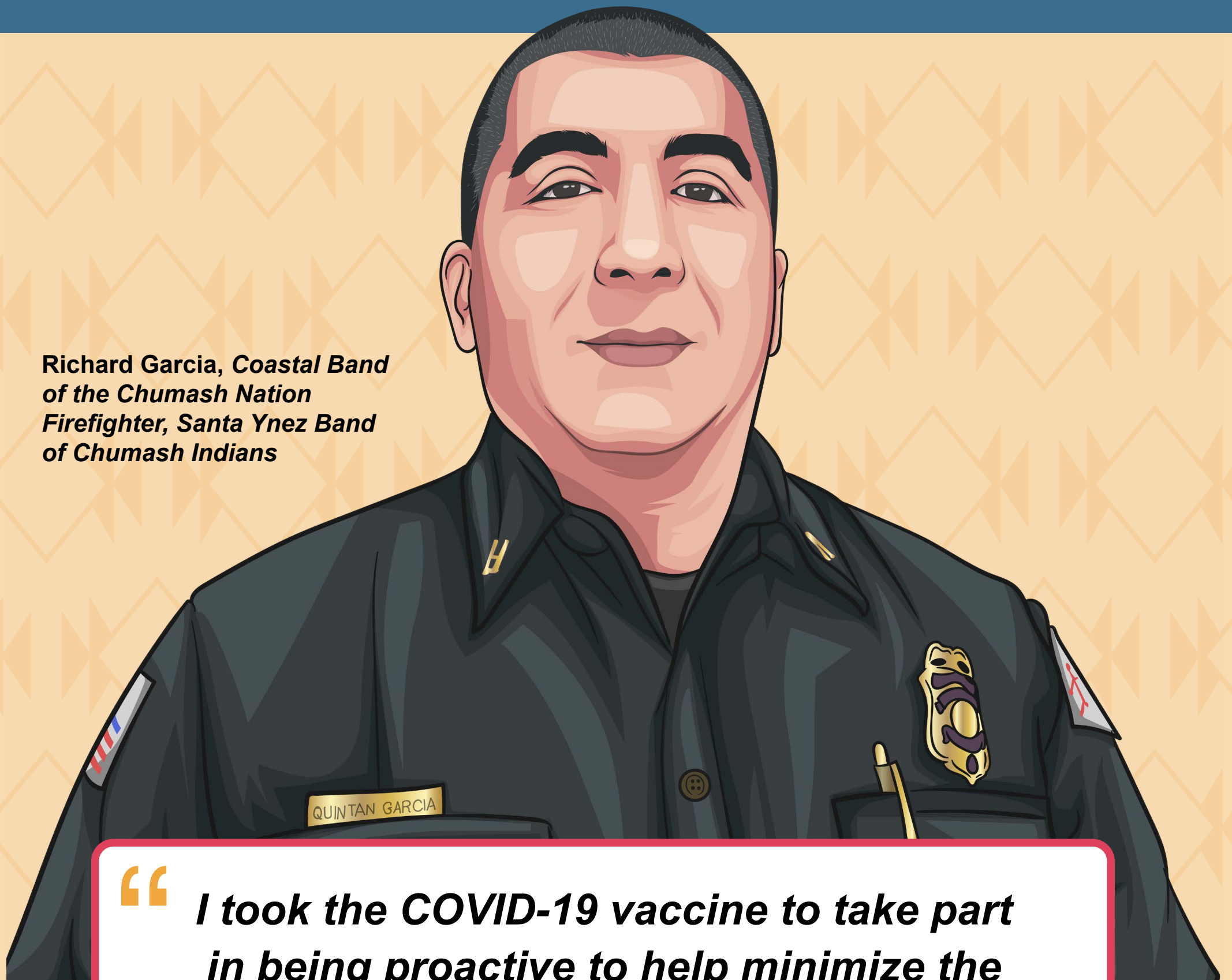


#CovidVaccineSavesLives

#ProtectOurElders

**Richard Garcia, Coastal Band
of the Chumash Nation
Firefighter, Santa Ynez Band
of Chumash Indians**



“ I took the COVID-19 vaccine to take part in being proactive to help minimize the spread of COVID-19. When I am not working as a firefighter, I am active in my community and do not want to spread the virus to my family and community. ”

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>

