

PROTECT OUR ELDERERS SAVE OUR CULTURE GET VACCINATED

Elders are our culture keepers. They hold our stories, songs, and traditional ways of living.

Protect Our Elders.

AI/ANs are disproportionately impacted by the pandemic

According to the Centers for Disease Control and Prevention (CDC) AI/AN People have the highest COVID-19 hospitalization rate at 281 per 100,000 – a rate 5.3 times higher than for non-Hispanic Whites.



Why should we get vaccinated?

To protect yourself, your family and your community. Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, patients, and family.

COVID-19 Guidance for Older Adults What you need to know



- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

What to Expect at your vaccine visit?



What to Expect after your vaccine visit?

You may have some side effects, which are normal signs that your body is building protections and the side effects may feel like flu like symptoms, and they should go away in a few days.

Common side effects:

- Pain or swelling the injection area
- Fever, chills, tiredness or headaches

Helpful tips to reduce pain and discomfort:

- Apply clean, cool, wet washcloths over the area
- Lightweight movement of your arm

To reduce discomfort from fever:

- Stay hydrated and cool to reduce discomfort from fever

When to call the doctor:

- If the redness or tenderness where you got your shot increases after 24 hours. If your side effects are worrying you or do not seem to be going away after a few days

How to Protect Yourself and Others



- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid large gatherings and crowded spaces to lessen your contact with more people.