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.

AI/ANs are disproportionately impacted by the pandemic

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.

Why should we get vaccinated?

To protect yourself, your family and your community.

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?

- 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.

How to Protect Yourself and Others

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
  - Light 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/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.

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
- Light 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 of 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

Sources: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html