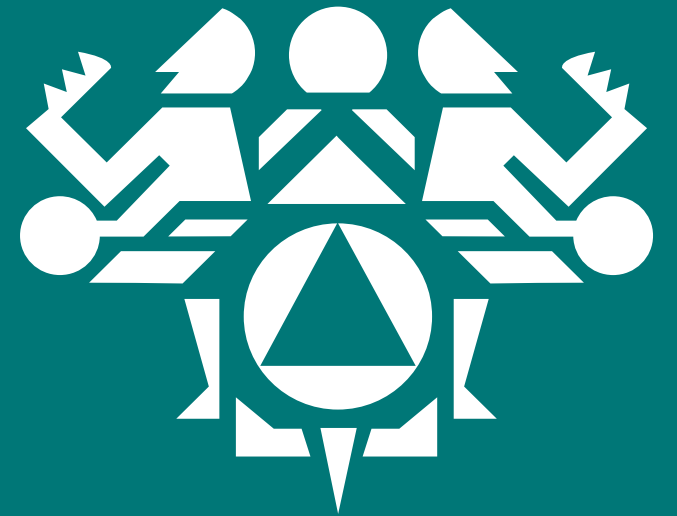


NPAIHB

Weekly Update

August 11, 2026





NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Agenda

- Welcome & Introduction: Bridget Canniff
- NPAIHB Announcements, Events, & Resources
- Wildfire Update: Melino Gianotti, NPAIHB Environmental Public Health & Christopher Fish, PAIHS Division of Environmental Health Services
- Communicable Diseases Updates: Dr. Tara Perti, PAIHS
- Questions & Comments

Please sign in, using the chat box, with your full name and tribe or organization

Upcoming Indian Country ECHO Telehealth Opportunities

- **Indian Country Elders, Knowledge Holders & Culture Keepers ECHO** – 2nd Tuesday of every month at 12pm PT
 - Tuesday, August 11th at 12pm PT
 - Didactic Topic: *A Contradiction of Care: The Cold Winter and a Warmth*
 - To join via Zoom: <https://echo.zoom.us/j/82466510555?pwd=JPP3b5k9wU2dFHTxyDs7Pn7CWl5Bba.1>
- **Trauma Rounds ECHO** – 2nd Wednesday of every month at 6:30am PT
 - Wednesday, August 12th at 6:30am PT
 - Didactic Topic: *Management of Traumatic Chest Wall Injury*
 - To join via Zoom: <https://echo.zoom.us/j/93729666650?pwd=bFhTZnA4NnlqTmR6Ylg4bnM1R1lZQT09>
 -
- **Journey to Health ECHO** – 2nd & 4th Thursday of every month at 7am/12pm PT
 - Thursday, August 13th at 7am PT
 - Didactic Topic: *Boarding School, Attachment, and Opioid Use Disorder*
 - To join via Zoom: <https://echo.zoom.us/j/93413601610?pwd=YVhMN1NUNlYWHZUZk1CUf0TEY5QT09>
- **Clinical Dementia ECHO** – 2nd Thursday of every month at 11am PT
 - Thursday, August 13th at 11am PT
 - Didactic Topic: *Biomarkers*
 - To join via Zoom: <https://echo.zoom.us/j/99454243940?pwd=NG9aWGUVvRTdKSmgwTGllldklmVDRWUT09>

Upcoming Indian Country ECHO Telehealth Opportunities

- **Diabetes ECHO** – 2nd Thursday of every month at 12pm PT
 - Thursday, August 13th at 11am PT
 - Didactic Topic: *Practical Approach to Diabetic Foot Care*
 - To join via Zoom: <https://zoom.us/j/91887405371?pwd=ekFJTUJiV2hWQ0ZPZEwrUDQ4eGxTZz09>
- **emRIC ECHO** – 3rd Monday of every month at 8:30am PT
 - Monday, August 17th at 8:30am PT
 - Didactic Topic: *Hypercalcemia in Malignancy*
 - To join via Zoom: <https://echo.zoom.us/j/89810907975?pwd=d1gydTAvdFUxSU4wb1d2TINEUTIEQT09>
- **Cardiology ECHO** – 3rd Monday of every month at 11am PT
 - Monday, August 17th at 11am PT
 - Didactic Topic: *Management of Common Cardiac Conditions*
 - To join via Zoom: <https://echo.zoom.us/j/81476475100?pwd=ZnBsK2xmYnFYRW9tUVdxWDROeWtMQT09>
- **Community Health Representatives (CHR) ECHO** – 3rd Monday of every month at 12pm
 - Monday, August 17th at 12pm PT
 - Didactic Topic: *Supporting Community Mental Wellness*
 - To join via Zoom: <https://echo.zoom.us/j/85861655901?pwd=0em1G52lvvVpniHVP0oGwp1hDlPjpo.1>

BE SENSITIVE, BE BRAVE for Suicide Prevention

In Partnership



Culturally-infused workshops on
suicide prevention for the
American Indian and Alaska Native Community

We're looking for American Indian and Alaska Native community members to join this interactive training and focus group.

Learn how to....



Spot signs of emotional distress



Ask if someone is considering
suicide sensitively & confidently



Connect individuals with the
appropriate support



Build resilience for you & your
community



Respond to community needs &
decrease stigma



Where/When

Trainings will take place via zoom

August 13th Session

August 18th Session

9am - 11 am PST

The Power of YOUR voice

We need your voice to ensure

Be Sensitive, Be Brave curriculum
reflects and serves Native communities.
Share your feedback in our focus groups
after the training.
11am - 12pm PST

Register today

Register to express your interest.
We will connect with you with more details!
Spots are limited so register soon

Facilitated by:
Dr. Shelby Rowe



For more information, contact
Colbie Caughlan
ccaughlan@npaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health



Calling all Northwest Tribal Youth

Applications are officially open for the Northwest Portland Area Indian Health Board (NPAIHB) Tribal Youth Delegate (TYD) Program 2026-2027!

<https://heyor.ca/Va4WmF>

The NPAIHB TYD program is designed to equip Northwest Tribal Youth with foundational leadership skills and holistic health knowledge, empowering them to grow as health advocates.

You should apply if you are a:

- Tribal Member and/or descendant of one of NPAIHB's 43 Member Tribes in Idaho, Oregon, or Washington
- 16-24 years old, as of September 2026
- Interested in expanding your knowledge in the development, advocacy, and implementation of Indian health legislation, regulations, policies and programs

Apply online to be a NPAIHB TYD for 2026-2027

NPAIHB TYD Application link: <https://heyor.ca/PEs61O>

Applications close September 1, 2026 Learn more about the NPAIHB TYD

Program: <https://heyor.ca/Va4WmF>

Contact: Hilary Edwards, NPAIHB Director of Legal and Government Affairs, at hedwards@npaihb.org

Learn More: <https://heyor.ca/Va4WmF>

Apply Online: <https://heyor.ca/PEs61O>

Applications close September 1, 2026

Contact:

Hilary Edwards

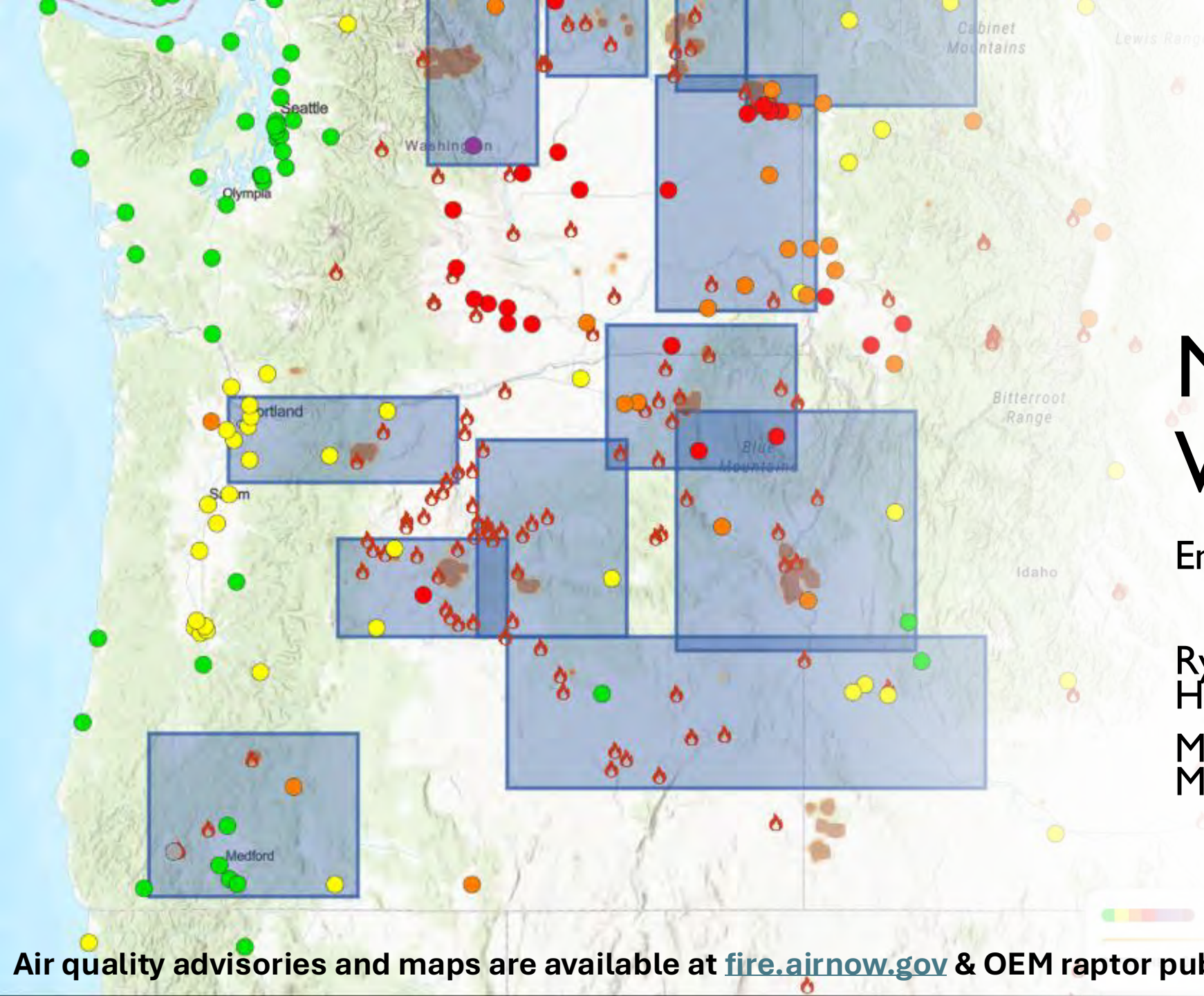
Director of Legal & Government Affairs

hedwards@npaihb.org

NPAIHB Weekly Update Schedule

- August 18: N CREW Research Topic – Institutional Review Boards (IRBs): CDR Ryan Pett, PAIHS Yakama Service Unit & Dr. Tara Perti, PAIHS
- August 25: Legislative & Policy Updates
- September 1: State Partner Updates (invited)
- September 8: WA Regional Tribal Health Profiles





NPAIHB Wildfire Update

Environmental Public Health

Ryan Sealy, Environmental Public
Health Director

Melino Gianotti, Emergency
Manager

Air quality advisories and maps are available at fire.airnow.gov & OEM raptor public fire map

Wildfires have caused evacuations on:

- Burns Paiute
- Confederated Tribes of the Colville Reservation
- Confederated Tribes of Warm Springs
- Yakama Nation
- Confederated Tribes of the Umatilla Reservation
- Spokane
- Klamath Tribe

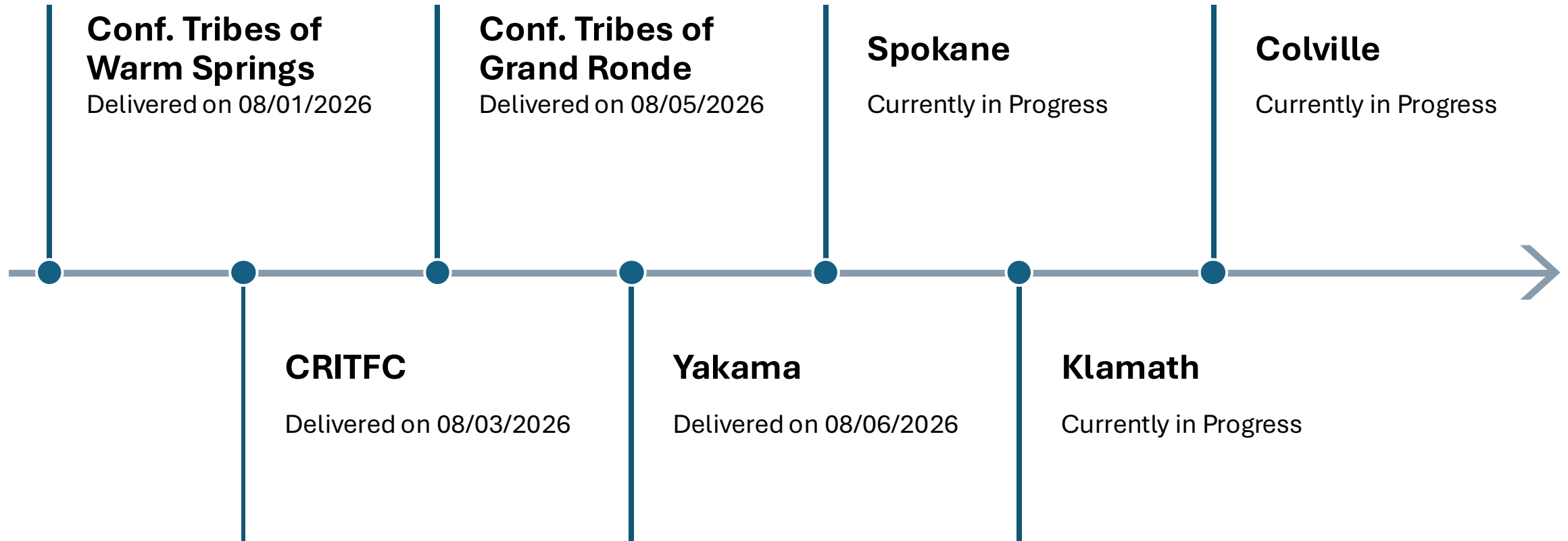


NPAIHB's Response

- Partnering with Tribal, federal, and state agencies to provide wildfire response resources & environmental health guidance
- Providing and delivering supplies
 - Food
 - Personal hygiene
 - Cleaning products
 - Narcan
- Please reach out to:
rsealy@npaihb.org
mgianotti@npaihb.org
- Please send your official donation page/flier & check out
<https://www.npaihb.org/#donations>

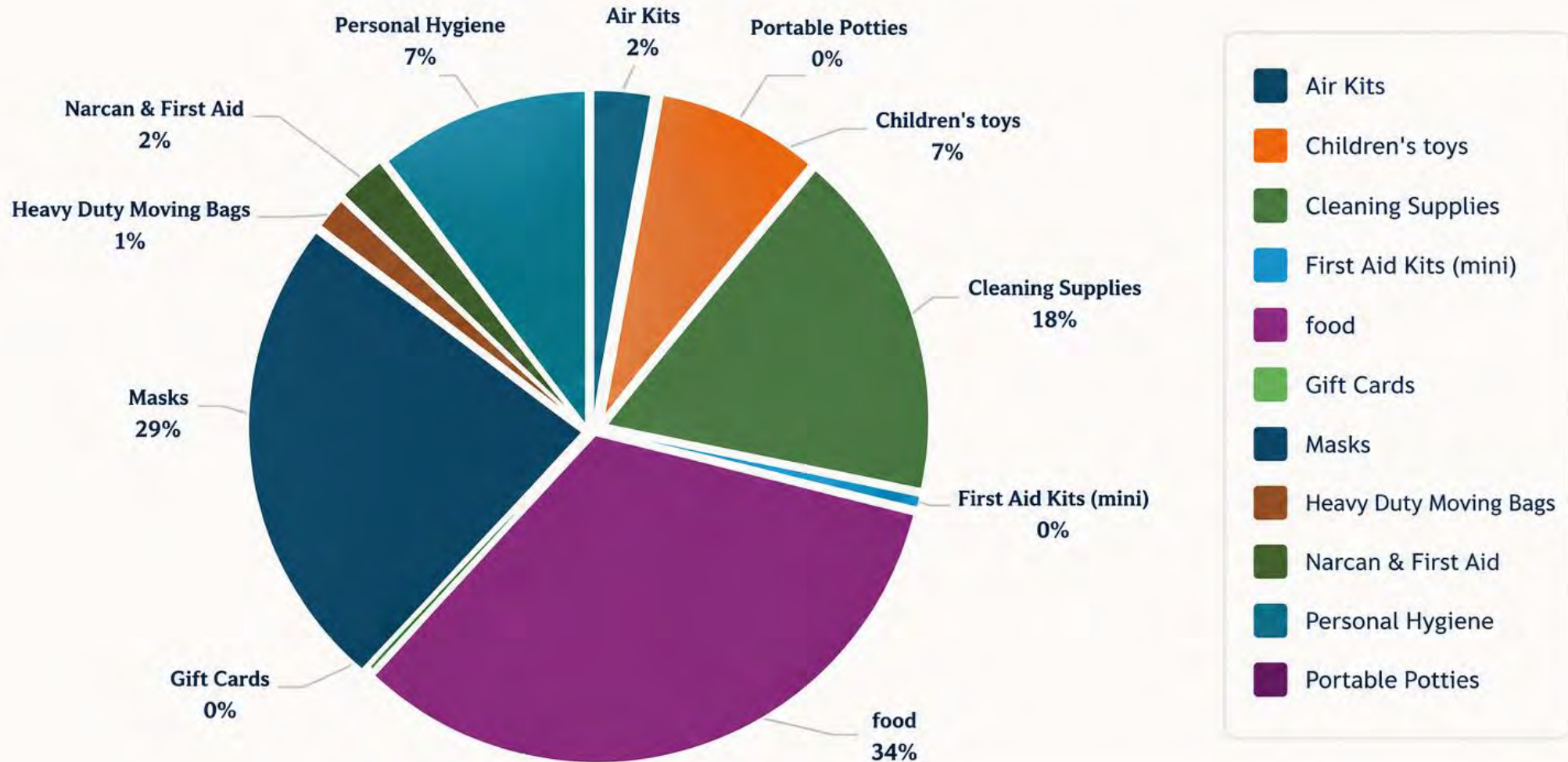


Tribes Receiving Supplies



Total Supplies by Type

Share of Total Supplies



Masks and food make up **63%** of the total supplies.

THE 5-MINUTE DIY AIR PURIFIER

BREATHE EASIER DURING WILDFIRE SEASON

Skip the pricey appliances. Improve your indoor air quality with this simple, low-cost hack.



STEP 1: FIND THE FLOW.

Locate the back (intake side) of your box fan where air gets pulled in.



STEP 2: POINT THE ARROWS.

Place the filter flat against the back. **CRUCIAL:** Ensure arrows on the filter frame are pointing '**toward**' the fan.



STEP 3: SEAL IT UP.

Use your tape to attach the fan. Seal as thele the gaps sositit so dirty air escapes around the sides.

Check out the Colville Tribes instructional YouTube video

Title: Box Fan Filter A DIY Users Guide Colville Tribes Air Quality Program

<https://www.youtube.com/watch?v=ukyF2xm8cws>

- **Protect those most at risk**
- **Reduce smoke exposure**
- **Stay informed**





PAIHS & Additional Resources

- Portland Area Indian Health Service
 - Smoke-safe room kits, building ventilation guidance, home and drinking water assessments, shelter support, and wildfire cleanup assistance
 - Christopher.Fish@ihs.gov
- Additional Resources:
 - USEPA/USFS Fire and Smoke Map (Airnow) <https://fire.airnow.gov/>
 - Inciweb Wildland Fire Application Information Portal <https://inciweb.wildfire.gov/>
 - Watch Duty App (including alerts for evacuation notices) <https://app.watchduty.org/>

Wildfires can take a toll not only physically, but emotionally. Taking care of your mental health is just as important as protecting your physical safety.

If you or someone you know is experiencing a mental health crisis, support is available 24/7 by **calling or texting 988** to reach the **Suicide & Crisis Lifeline**.



You may also call or text 988 *before* a crisis occurs as a preventative measure.

For personal situational awareness, the **Watch Duty mobile app** is a reliable source for wildfire information and is widely used by emergency responders.

NO-COST MENTAL HEALTH SERVICES

The Northwest Portland Area Indian Health Board (NPAIHB) and United Natives are proud to collaborate in bringing free substance use and mental health services to our Native communities, ages 15+. This partnership is focused on removing barriers to care by providing culturally grounded, confidential therapy at no cost to Native individuals who live in OR, WA, or ID or are from a Tribe in OR, WA, or ID. For information on how to access these services, visit: unitednatives.org/npaihb

SCHEDULE TODAY



therapy@unitednatives.org



call/text 602-799-8187



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD



Tribal Crisis
RESPONSE



UNITED NATIVES

Portland Area IHS

Communicable Diseases Update

TARA PERTI, MD, MPH
MEDICAL EPIDEMIOLOGIST
OFFICE, PORTLAND AREA IHS
August 11, 2026



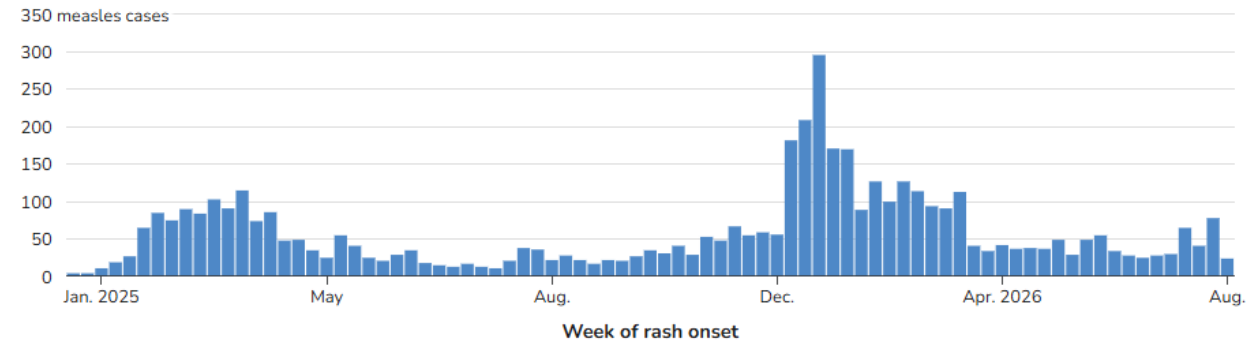
Outline

- Measles
- COVID-19
- New World Screwworm
- Cyclosporiasis
- Bundibugyo Virus Disease Updates

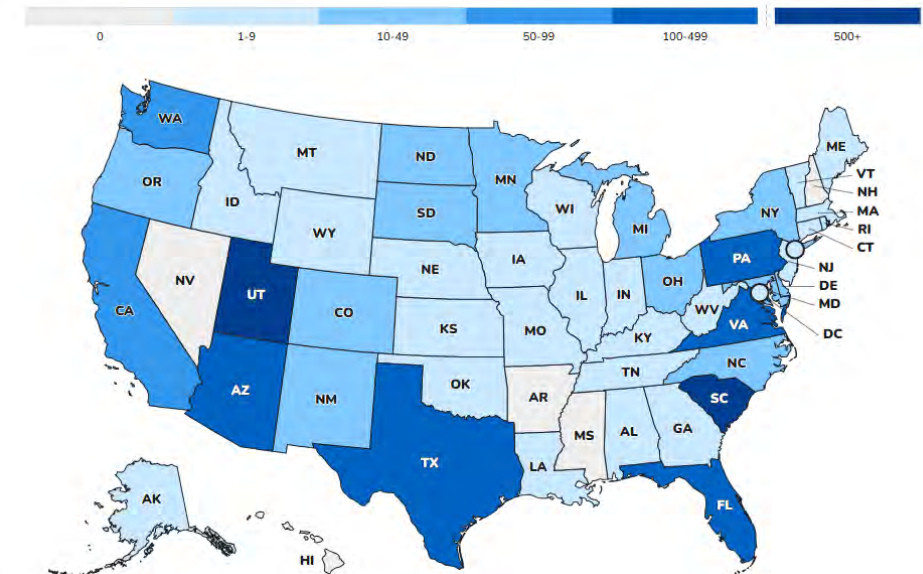
Measles — United States, 2026

- 2,465 confirmed cases during 2026 as of 8/6, exceeding the total number of cases during 2025 (n=2,289).
- Cases in U.S. residents among 47 jurisdictions.
- 94% of cases are outbreak-associated (≥ 3 related cases).
- Age: 20% <5 years-old, 48% 5-19 years-old, 32% ≥ 20 years-old.
- 7% hospitalized overall (during 2025, 11% hospitalized, with 18% of those <5 years-old hospitalized).
- 0 deaths (during 2025, 3 deaths among unvaccinated individuals, including 2 healthy school-aged children).
- 93% unvaccinated or with unknown vaccination status, 3% one MMR dose, 4% two MMR doses.

Weekly Measles Cases — United States, 2025-26



Measles Cases Among U.S. Residents, 2026



Measles — Washington, 2026 (N=53)

Current outbreak

- **Clark County:** Eight unvaccinated children with measles reported since July 22 (16 cases this year to date). The case reported on 7/22 had an unknown source of exposure.

Cases to date this year in Washington: 53

- ❖ 98% of cases unvaccinated or with unknown vaccination status.
- ❖ Four people (8%) have been hospitalized.

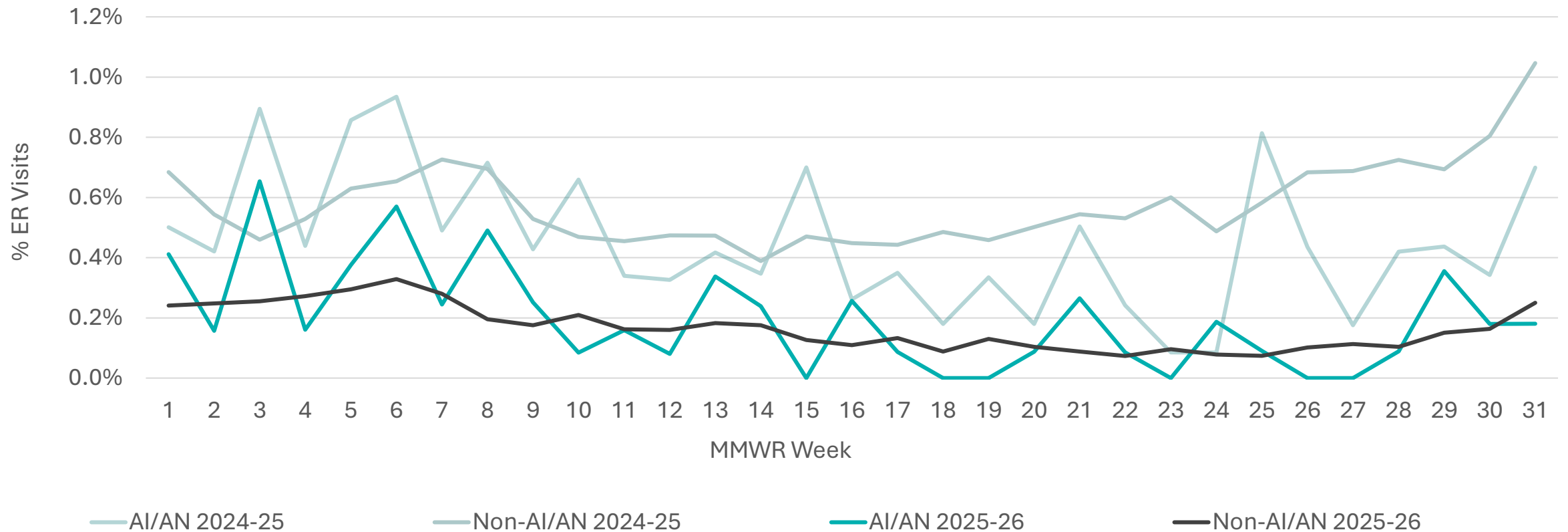
Measles — Oregon, 2026 (N=39)

- Cases this year have occurred at least in Clackamas, Multnomah, Marion, and Linn Counties, with an outbreak involving non-household contacts in Clackamas and Multnomah counties.
- Recent possible public exposure locations in Multnomah County:
 - 8/6: Kaiser Permanente Mt. Scott Medical Office, 9800 SE Sunnyside Rd., Clackamas
 - Anyone at this location should monitor for symptoms through 8/27. For more information: <https://www.oregon.gov/oha/ERD/Pages/Clackamas-medical-office-is-latest-measles-exposure-location-08.07.2026.aspx>
 - 8/3, 8/5: Randall Children's Hospital ED, Portland
 - Anyone at this location should monitor for symptoms through 8/26. For more information: <https://www.oregon.gov/oha/ERD/Pages/Randall-Childrens-Hospital-is-latest-measles-exposure-location-08.06.2026.aspx>
 - 7/28: Providence St. Vincent Medical Center (East Pavillion Medical Office Building lobby, elevators, and 7th floor), Portland
 - Anyone at this location should monitor for symptoms through 8/18. For more information: <https://www.oregon.gov/oha/ERD/Pages/Portland-health-care-sites-become-latest-measles-exposure-locations-07.28.2026.aspx>
 - 7/26: Legacy GoHealth Urgent Care, Gresham
 - Anyone at this location should monitor for symptoms through 8/16. For more information: <https://www.oregon.gov/oha/ERD/Pages/Gresham-urgent-care-clinic-is-latest-measles-exposure-location-7-29-26.aspx>
 - 7/23-7/25: Randall Children's Hospital ED, Portland
 - Anyone at this location should monitor for symptoms through 8/15. For more information: <https://www.oregon.gov/oha/ERD/Pages/Portland-health-care-sites-become-latest-measles-exposure-locations-07.28.2026.aspx>
- Measles virus was detected in wastewater during the 6-week period from 6/21/26-8/1/26 in the following counties:
 - Klamath, Multnomah, Polk, Marion, Washington, Josephine, Lincoln, Umatilla, Clackamas, Lane, Jackson, Douglas, Deschutes, Yamhill, Coos, Columbia, and Linn Counties.
 - Two people (6%) with measles have been hospitalized this year in Oregon.
- 91% of people with measles in Oregon were unvaccinated or with unknown vaccination status.

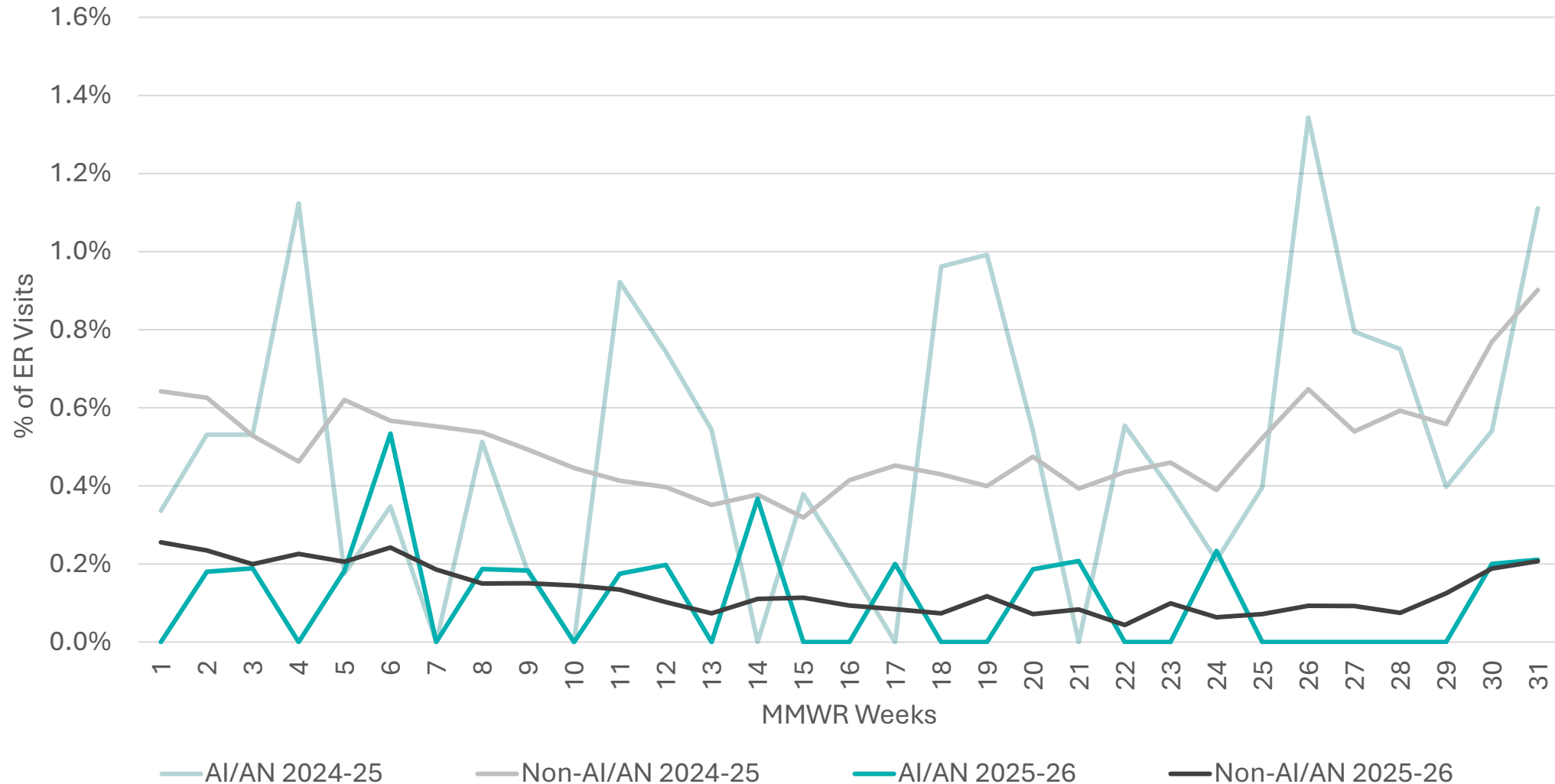
Measles — Portland Area, 2025-26

Location (State/County)	Number of Cases		Additional Cases (e.g. Among Travelers)
	2025 (N=26)	2026 (N=102)	
Washington	Total: 12	Total: 53	9 additional cases among travelers to Washington (King and Snohomish Counties) in 2025. 2 travelers in 2026 (King).
Clark		16	
Snohomish	2	14	
Kittitas		7	
Walla Walla		7	
Stevens		3	
King	7	3	
Grant		2	
Spokane	1	1	
Whatcom	2		
Oregon	Total: 1	Total: 39	
Idaho	Total: 14	Total: 10	2 additional cases among travelers to Idaho (Bonneville and Cassia Counties) in 2025. 1 case in a traveler in 2026.
Canyon (Southwest District Health		6	
Madison (Eastern Idaho Public Health)	1	2	
Kootenai (Panhandle Health District)	1	1	
Teton (Eastern Idaho Public Health)		1	
Boundary (Panhandle Health District)	6		
Bonneville (Eastern Idaho Public Health)	5		
Bonner (Panhandle Health District)	1		

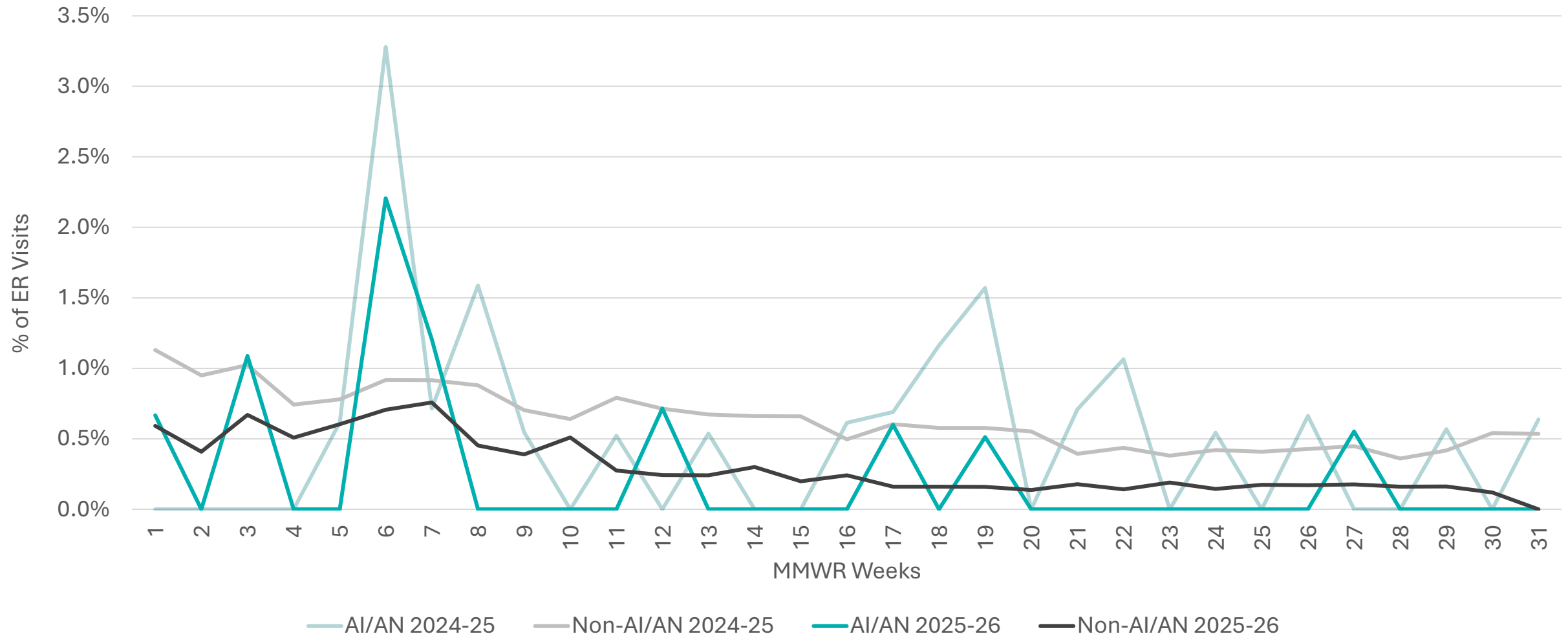
% Weekly ER Visits Associated with **COVID-19**, AI/AN vs. non AI/AN — Washington, 2025-26 vs. 2024-25 (week 1-31, ending 8/8/26)



% Weekly ER Visits Associated with **COVID-19**, AI/AN vs. non AI/AN — Oregon, 2025-26 vs. 2024-25 (through 8/8/26)



% Weekly ER Visits Associated with **COVID-19**, AI/AN vs. non AI/AN — Idaho, 2025-26 vs. 2024-25 (through 8/8/26)



Summary

- 2,465 confirmed cases in the U.S. during 2026 as of 8/6 , exceeding the total number of cases during 2025 (n=2,289).
- 94% of cases unvaccinated or with unknown vaccination status.
- Portland Area: Washington: 53 cases (current outbreak in Clark County); Oregon: 39 cases (current outbreak in Multnomah and Clackamas Counties), Idaho: 10 cases (stable).
- $\geq 95\%$ vaccine coverage is needed to prevent measles outbreaks in communities.
- In 2024-25, MMR coverage among kindergartners continued to decline. Washington: 90.9% (90.6% for 2025-26) , Oregon: 90.5% (89.6% for 2025-26), and Idaho: 78.5%. Idaho and Oregon have the highest and 2nd highest exemption rates in the country.
- In the past 2-3 weeks there has been an increased % of ER visits associated with COVID-19 in Washington and Oregon, though levels are lower than last year; there continues to be a low % of ER visits associated with COVID-19 in Idaho.

Recommendations

- Ensure your patients, families, and community are up to date on their measles immunizations (goal $\geq 95\%$ up to date) and other immunizations for vaccine-preventable diseases.
- Ensure all health care workers have presumptive evidence of measles immunity and that Respirator Fit Testing has been done in the past year.
- Consider measles in anyone with a fever and generalized maculopapular rash with recent international travel or travel to an area with a measles outbreak, exposure to a measles case, or who meets clinical criteria and is unvaccinated. Recommend testing performed in collaboration with local health jurisdiction.
- Train staff (e.g. Project Firstline: Measles Infection Control Microlearn with discussion guide), including front-desk to recognize possible measles, immediately mask and bring back to a designated room (e.g. airborne infection isolation room if available).
- If a measles case is identified in your community, recommend signage and a protocol to screen patients for possible measles (e.g. fever and rash, with international travel, travel to a community with a measles outbreak, or known exposure to measles in the past 21 days).
- Immediately report suspected cases to local or Tribal public health and recommend testing performed in collaboration (nasopharyngeal or throat swab for measles PCR, urine for PCR particularly if ≥ 72 hrs after rash onset, sent to state PHL if possible; blood for measles IgM and IgG sent to a commercial laboratory).
- Advise patients with suspected measles to isolate at home, away from others through 4 days after rash onset (for severely immunocompromised persons, the infectious period is through the illness duration) or measles has been ruled out.

Patient Education Resources for Respiratory Viruses/Immunizations

IHS Division of Epidemiology and Disease Prevention Educational Resources:

National IHS Public Health Council Public Health Messaging

Northwest Portland Area Indian Health Board (NPAIHB): [VacciNative](#); [Native Boost](#)

National Council of Urban Indian Health

Johns Hopkins Center for Indigenous Health. [Knowledge Center](#); [Resource Library](#)

Indian Country ECHO/UNM Project ECHO: [Making a Strong Vaccine Recommendation: Vaccine Communication](#), [MMR Vaccine Outreach Strategies](#), [Current Measles Response](#) and [Clinical and Prevention Best Practices](#)

American Academy of Pediatrics: [Recommended Child and Adolescent Immunization Schedule](#), <https://www.aap.org/immunization>; <https://www.healthychildren.org/immunizations> (e.g. [COVID-19 What Families Need to Know](#))

American College of Obstetricians and Gynecologists. [Maternal Immunization Schedule](#)

Children's Hospital of Philadelphia: [Vaccine Education Center](#); [Vaccine and Vaccine Safety-Related Q&A Sheets](#) (e.g. [Q&A COVID-19 Vaccines What You Should Know](#); [Protecting Babies from RSV: What You should Know](#); [RSV & Adults: What You Should Know](#); [Influenza: What You Should Know](#)); [Vaccines and Infectious Diseases in the News](#)

Immunize.org: [Clinical Resources A-Z](#); [Influenza \(Flu\)](#)

Boost Oregon: [Videos and Resources](#)

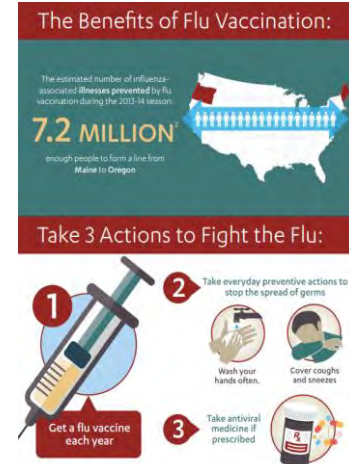
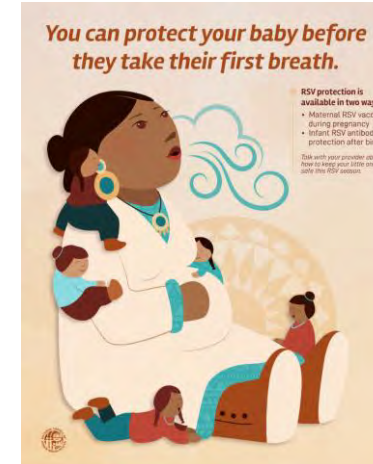
Personal Testimonies: [Families Fighting Flu: Our Stories](#)

Washington State Department of Health: [Immunizations and Vaccines](#) | [Washington State Department of Health](#); [Flu Overview](#); [Materials and Resources](#); [Influenza \(Flu\) Information for Public Health and Healthcare](#); [Measles Communications Toolkit for Washington State Partners](#); [Measles](#) | [Washington State Department of Health](#); [COVID-19](#); [DOH COVID-19 Vaccine Schedule](#); [Washington State Statewide Standing Order for COVID-19 Vaccine FAQs for the Public](#); [West Coast Health Alliance announces vaccine recommendations for COVID-19, flu, and RSV](#) | [Washington State Department of Health](#); [Respiratory Illness Data Dashboard](#).

Oregon Health Authority: [Immunization Resources](#); [Flu Prevention](#); [Measles / Rubeola \(vaccine-preventable\)](#) : [Diseases A to Z](#) : [State of Oregon](#); [Oregon's Respiratory Virus Data](#).

Idaho Department of Health & Welfare: [Child and Adolescent Immunization](#) and [Adult Immunization](#); [Flu \(Seasonal and Pandemic\)](#); [COVID-19](#); [Measles](#) | [Idaho Department of Health and Welfare](#); [Idaho Weekly Statewide Viral Respiratory Disease Indicators](#).

Centers for Disease Control and Prevention: [Preventing Seasonal Flu](#); [Flu Resources](#); [Preventing Spread of Respiratory Viruses When You're Sick](#); [RSV](#); [About Measles](#) | [Measles \(Rubeola\)](#) | [CDC](#); [Measles Resources](#) | [Measles \(Rubeola\)](#) | [CDC](#); [Measles Videos](#) | [Measles \(Rubeola\)](#) | [CDC](#)



Examples of Patient Education Resources from the Northwest Portland Area Indian Health Board (NPAIHB)



Vaccination information for Natives by Natives

COVID-19 Vaccine



We have many ways to optimize our health and improve our lives. Vaccines are just one way we can protect ourselves from serious illnesses, like COVID-19 and the impacts of long COVID.

This handout is designed to help you understand COVID-19 and COVID-19 vaccines, so you can take care of yourself, your family, and your community.

“As a Crow-Tribal member, we did lose a lot of Elders during the COVID pandemic, especially before vaccines... Now, we are social gathering, and we are lost without these Elders... When we get vaccinated, we are protecting our Elders and our culture. We have to protect our people. And vaccines do help with that. Even if your body is strong and healthy, it's still important to get vaccinated.”

— Lana Schandeline, Elder and Crow Tribal Member

Common COVID-19 Symptoms

COVID-19 is a virus that attacks your whole body and causes some or all of these:

- Fever
- Cough
- Loss of taste and smell
- Headaches
- Shortness of breath
- Congestion
- Sore throat

COVID-19 can also result in hospitalization and death, especially for those more vulnerable, like people with certain medical conditions and Elders. It can also result in a range of ongoing health problems – including long COVID – that can last weeks, months, or even years.

How COVID-19 Spreads

COVID-19 spreads through droplets in the air when a person with the virus coughs, sneezes, speaks, sings, or breathes. It can also spread through objects someone with the virus touches, sneezes, or coughs on. The virus can enter your body when you touch these objects and then touch your mouth, nose, or eyes.



Vaccination information for Natives by Natives

Vaccines When You Are Pregnant or Breast/Chestfeeding



Pregnancy and parenthood are sacred times when we make plans to care for ourselves and our babies. Part of this preparation includes keeping up to date on our vaccines.

While getting vaccinated is always something to discuss with your health provider, there are some important things to consider if you are pregnant or breast/chestfeeding.

How to Protect Yourself

To be fully vaccinated against COVID-19, you need to complete the vaccine series and get boosted. For most people, the vaccine series consists of two shots. You get the first shot, then the second one about 25 days later. Five months after completing the vaccine series, you get boosted. We may also need additional boosters after that. Why? Booster shots contain the most up-to-date instructions for fighting against the latest versions of COVID-19.

How the Shots Work

Within our bodies, each of us has warrior cells that stand guard and attack diseases. When we get the COVID-19 shots, the ingredients tell our warrior cells how to recognize and fight COVID-19. That's why if you get the COVID-19 vaccine series and get boosted, you are less likely to get sick with COVID-19. It can also reduce the seriousness of illness if you happen to get sick.

Shot Side Effects

You may experience side effects from the COVID-19 shots. This does not mean you are getting sick with COVID-19. Most side effects are mild and go away within a few days. Mild side effects are a good sign that your warrior cells are preparing to recognize and fight COVID-19.

Common side effects of the COVID-19 shots include:

- Soreness, redness, or swelling where you got the shot
- Fatigue
- Muscle aches
- Headache
- Shortness of breath
- Sore throat

Shot Safety

Millions of Americans have safely received the COVID-19 shots. This includes American Indians and Alaska Natives. Like all vaccines in the U.S., the COVID-19 shots are monitored for safety.

“We work together, using modern and traditional medicines to help keep our tribe safe from COVID-19. I got vaccinated to protect my family, my tribe, and I from COVID-19. COVID vaccines are safe, and the benefits of getting a COVID vaccine outweigh the risk of getting COVID-19 infection.”

— Dr. Frank Anashkin, M.D. (LTS), Elderly Clinician, UPR Eastern Inpatient Unit Clinic, medical Director, Treaty Medicine Physician



Vaccination information for Natives by Natives

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While getting vaccinated is always something to discuss with your health provider, there are some important things to consider if you are pregnant or breast/chestfeeding.

How Vaccines Work

Within our bodies, each of us has warrior cells that stand guard and attack diseases. Vaccines help our warrior cells see and fight disease. For example, when we get the flu shot, the ingredients in the shot tell our warrior cells how to recognize and fight the flu. That's why if you get a flu shot, you are less likely to get sick with the flu. Getting vaccinated can also reduce the seriousness of illness if you happen to get sick.

Vaccines Protect You and Baby During Pregnancy

When you get vaccinated during pregnancy and your warrior cells learn to recognize and fight a particular illness, this information gets shared with your unborn baby. However, the protection offered to your baby starts to fade in the weeks and months after birth. That's why it's important to talk with your health provider about what vaccines both you and your newborn need to stay healthy.

Vaccines to Get When You're Pregnant

Several vaccines are recommended for pregnant people. These include:

- Tdap (whooping cough) vaccine
- Flu vaccine
- COVID-19 vaccine

Depending on your history, you and your doctor may decide that you need additional vaccines.

“As a new parent, I know that I'm not only responsible for my health, but for my baby's health too. Making sure our whole family is up to date on our vaccines gives me peace of mind that we are all doing what we can to stay healthy. I also feel like I am honoring our ancestors who did not always have access to these medicines.”

— Tame Eagle Staff, Musqueam & Ogishla Lakota, Northern Anishinabe, and Northern Cheyenne, Project Manager at the Northwest Portland Area Indian Health Board



Vaccination information for Natives by Natives

Vaccines When You Are Pregnant or Breast/Chestfeeding

Pregnancy and parenthood are sacred times when we make plans to care for ourselves and our babies. Part of this preparation includes keeping up to date on our vaccines.

While getting vaccinated is always something to discuss with your health provider, there are some important things to consider if you are pregnant or breast/chestfeeding.

Vaccines and Breast/Chestfeeding

Breast/chestfeeding is one of the best ways to nourish, comfort, and connect with your baby. When you are vaccinated, breast/chestfeeding can also help you pass on important instructions for recognizing and fighting serious illnesses, like COVID-19. Likewise, getting vaccinated as a new parent makes it less likely that you will get sick and make your baby sick.

Talk with your health provider to learn what specific vaccines are recommended for you while you are breast/chestfeeding.

“One of the most common questions I get asked from many new parents and parents-to-be is whether it is safe to get vaccinated. The short answer is yes! You just need to check in with your health provider.”

— Dr. Lindsay Scott, M.D., Medical Provider and Treaty Medicine Tribal Member

The Choice is Yours

As you think about getting vaccinated, read up and bring any questions or concerns you have to your health provider. They can talk with you and help explain why certain vaccines are safe and effective and which vaccines you may want to temporarily avoid. They will also share other tools to keep you and your family healthy.

Where to Get Vaccinated

To get vaccinated contact your local Tribal clinic, IHS facility, or visit a local pharmacy or clinic.

Vaccinative

This handout was developed by Vaccinative – a campaign dedicated to creating accurate vaccine information for Native people by Native people. We do this by gathering info from trusted Elders, Native health professionals, and other experts.

All of our materials are reviewed by the Vaccinative Alliance, a collaboration of staff from Tribal Epidemiology Centers across the nation.

Additional Information

For additional information, check out www.IndianCountryEcho.org/Vaccinative. For questions, contact us at Vaccinative@pehlab.org.



Protecting Your Kids from Respiratory Illnesses

Respiratory illnesses
Respiratory illnesses are the leading cause of pneumonia, flu, RSV, and COVID-19 can be extremely dangerous for kids.

Who Should Get Vaccinated

Whooping Cough (Diphtheria)	Infants 2 mos., 4 mos., and 6 mos. AND kids 4 yrs. and 6 yrs. old
Pneumonia	Infants 2 mos., 4 mos., and 6 mos. AND kids 2 yrs. and 4 yrs. old
RSV	Infants less than 6 mos. old AND kids 6 yrs. and older
COVID & Flu	Everyone 6 mos. and older every year

Why Buggy Bats?

COVID-19 and flu quickly change from their look. We need updated vaccines, so our bodies know how to fight these diseases.

Vaccines are Safe

Science and medicine are here. People are more likely to get sick by ignoring their bodies than by getting vaccinated to stay healthy.

Don't Have Regrets

The more shots kids get, the more they know how to protect their child and others around them from serious illnesses.

Learn more
www.IndianCountryEcho.org/ProtectYourKids

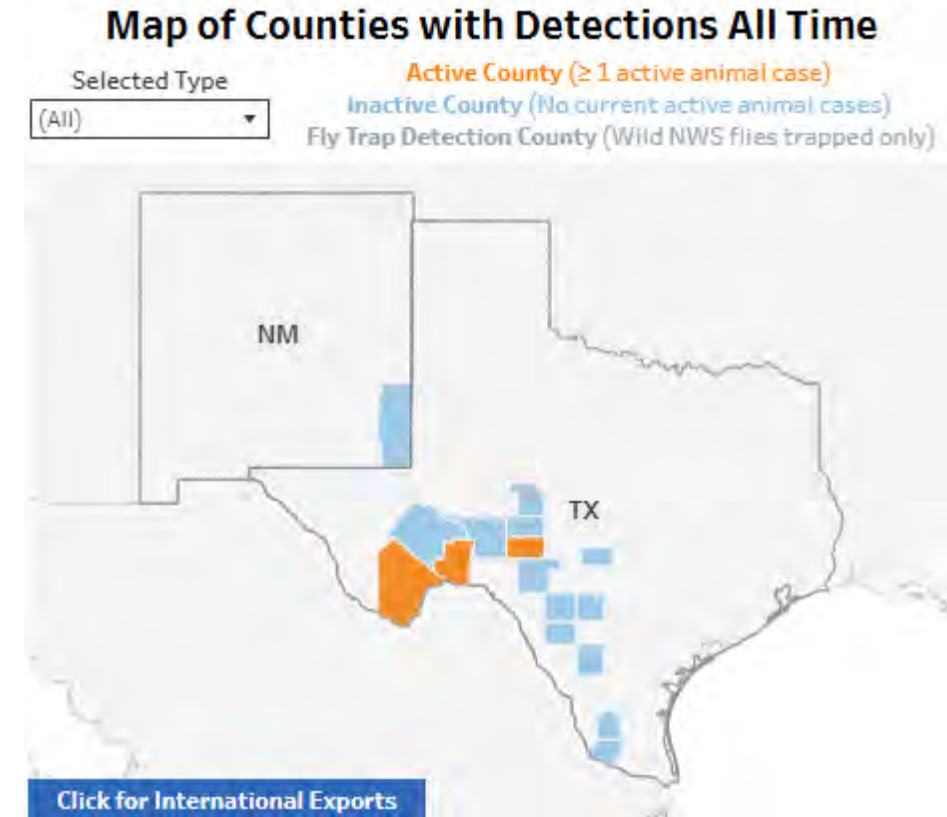
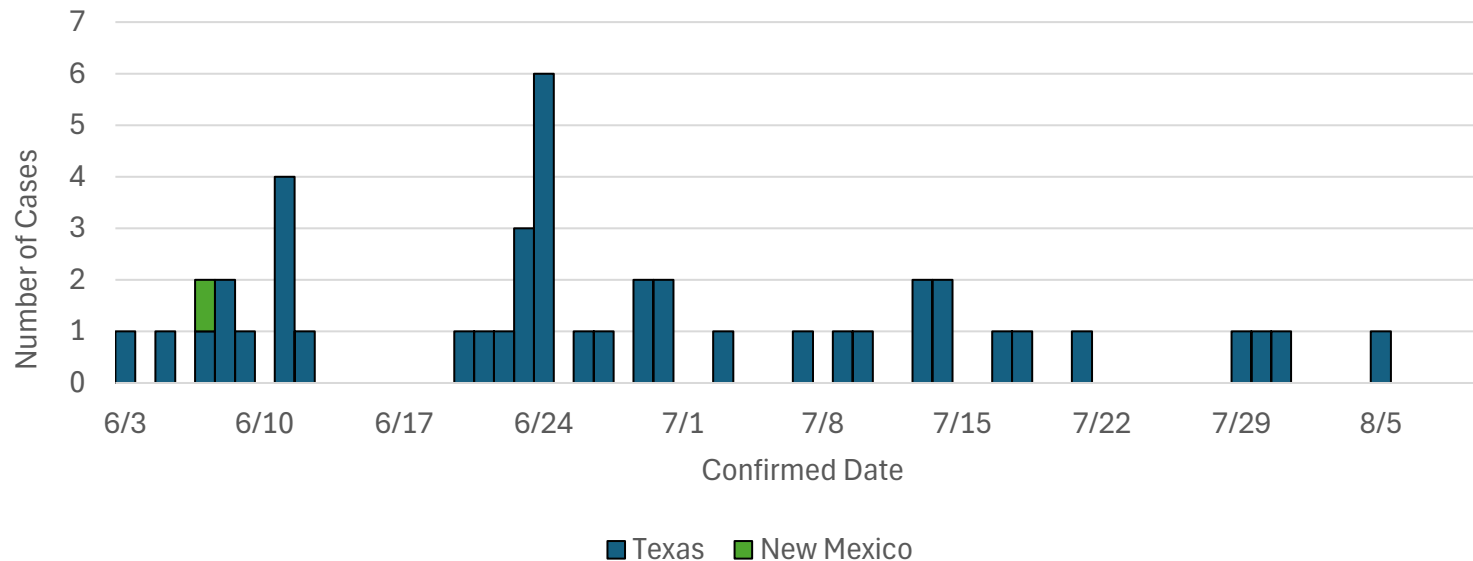


<https://www.indiancountryecho.org/vaccinative/>
<https://www.indiancountryecho.org/native-boost/>

New World Screwworm

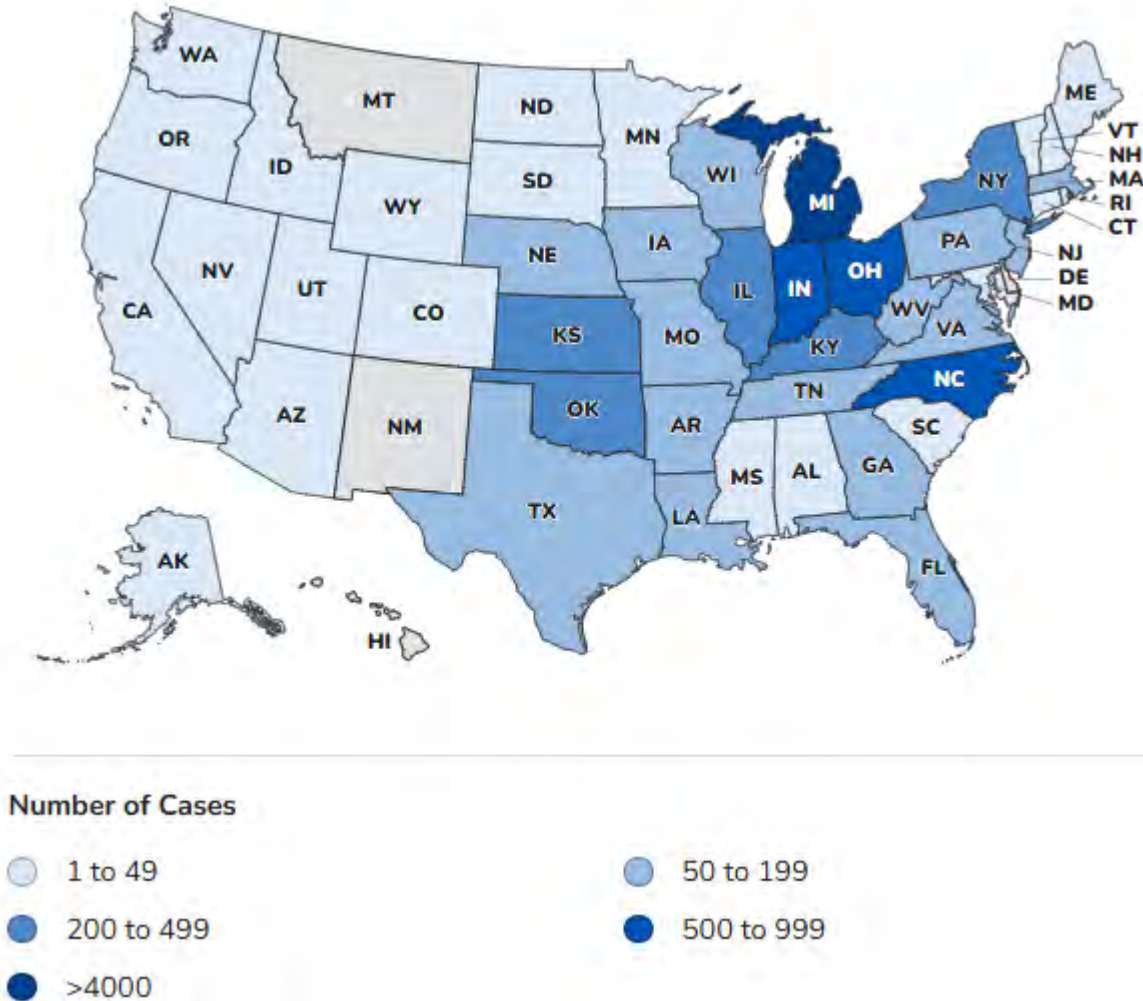
- 6/3/26: First case confirmed in U.S., calf identified in Zavala County, Texas.
- Animal cases to date in US (through 8/10/26: 45 (44 in Texas, 1 in New Mexico); Cattle (22), Sheep (15), Goats (5), Dogs (3).
- No human cases identified in the U.S. to date.

New World Screwworm in Animals — United States, 2026



[Confirmed Detections of New World Screwworm | Animal and Plant Health Inspection Service](#)

Domestically-Acquired Cyclosporiasis Cases — United States (May 1- August 3, 2026)

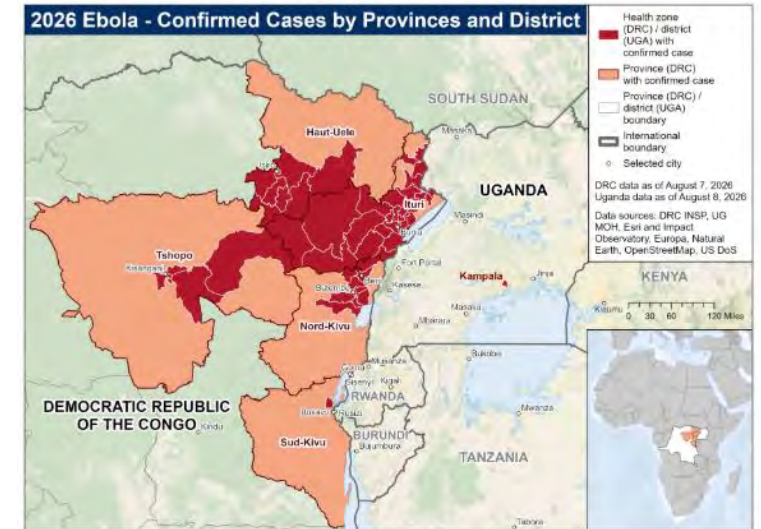


For the multistate outbreak linked to iceberg lettuce from Taylor Farms of Mexico, FDA has reported that this product was not distributed to WA, OR, ID:

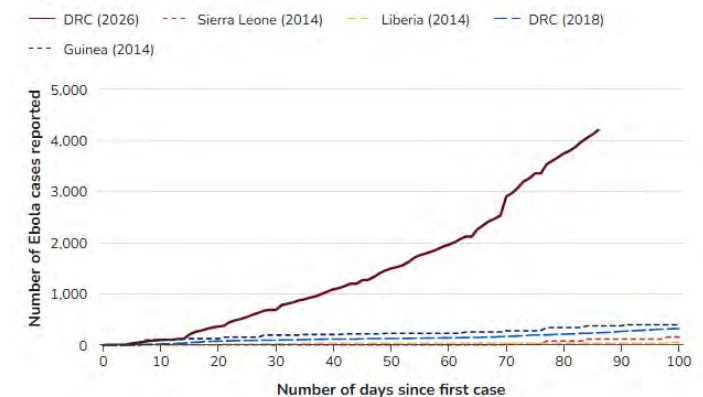
<https://www.fda.gov/food/outbreaks-foodborne-illness/investigation-15-state-outbreak-cyclospora-illnesses-iceberg-lettuce-july-2026>

Bundibugyo Virus Disease (BVD)

- Ongoing outbreak of Bundibugyo virus, a species of orthoebolaviruses which cause Ebola disease, in the Democratic Republic of the Congo (DRC) and Uganda. This is now the second largest outbreak ever of Ebola.
 - As of 8/7, the DRC has reported 4,209 confirmed cases and 1,916 confirmed deaths (46% case fatality).
 - As of 7/28, Uganda has reported 20 confirmed cases, 1 probable case, 2 confirmed deaths and 1 probable death (14% case fatality). On 7/28, Uganda reported that their outbreak was over. Last confirmed imported case was discharged from on 7/16.
 - On 6/24, France reported a case of Ebola in a physician who had worked in the DRC with the Alliance for International Medical Action; this person has recovered and been discharged.
 - On 7/13, one American was transferred to Germany for treatment for Ebola. This individual worked in the DRC with Samaritan's Purse; this person has recovered and been discharged.
 - On 5/20, one American physician was transferred to Germany for treatment for Ebola. This individual worked in the DRC with Serge in the Congo; this person has recovered and been discharged.
- Impact on Portland Area IHS: USPHS has been deploying officers to Kenya with plan to monitor Americans exposed to Ebola and to provide treatment as needed. The facility became operational in the end of June.
- Incubation period: 2-21 days.
- Those returning from Ebola-affected areas should monitor for symptoms for 21 days after leaving the outbreak area. Infected persons cannot transmit ebolaviruses before they are symptomatic.
- Symptoms: Fever, severe fatigue, weakness, headache, myalgias/artralgias, sore throat followed by decreased appetite, nausea/vomiting, diarrhea, abdominal pain, unexplained bleeding.



Ebola cases in the first 100 days of five Ebola outbreaks 2014-2026



*Cases shown based on date reported. Data Sources: DRC INSP, WHO. Data for DRC (2026) are as of 2026-08-10.

