

# If You Had The Chance To Protect Your Loved Ones, Would You?



Greater protection from COVID-19!  
A critical tool to help stop the pandemic.

If you are pregnant or breastfeeding, talk to your health practitioner to make the most informed decision.

**COVID-19 vaccines are currently available across the Navajo Nation.** For details, visit the Navajo Department of Health at [ndoh.navajo-nsn.gov](http://ndoh.navajo-nsn.gov) or call 928-871-6350.

**Continue to follow COVID-19 prevention guidelines to protect your loved ones!** It typically takes 14 - 28 days after you receive the full vaccine for your body to be protected from the virus. It is also not yet known if someone who is vaccinated can still spread the virus.

## Myths vs. COVID-19 Vaccine FACTS

<i>It was rushed and is not safe</i>	The full standard large trials were conducted to ensure that US-approved vaccines are safe.
<i>It changes your DNA</i>	The vaccine does not interact with your DNA.
<i>It can give you COVID-19</i>	No US-authorized COVID-19 vaccines contain the live virus, so they cannot make you sick with COVID-19.
<i>It contains egg protein</i>	It does not contain egg proteins.
<i>It causes severe side effects</i>	Most of the side effects from the vaccine are mild and very short-term.
<i>It makes women infertile</i>	There is no evidence that the vaccine causes infertility.

### Authorized COVID-19 Vaccines

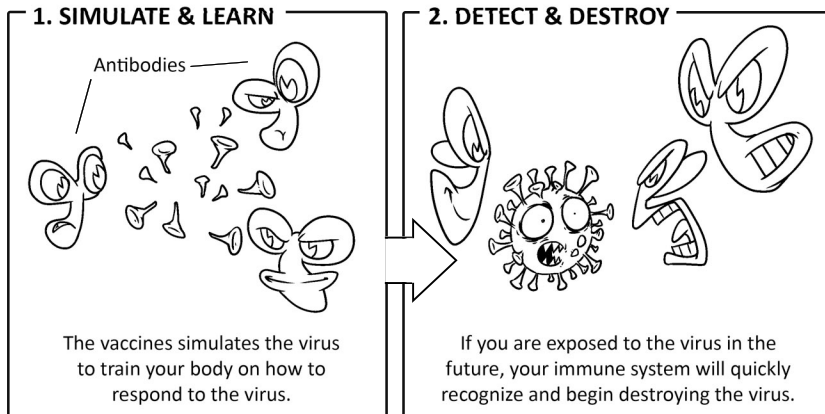


While several vaccines are in development, three are authorized within the USA and recommended to prevent COVID-19 (as of March 15, 2021):

	Pfizer-BioNTech	Moderna	Janssen/J&J
<b>Authorized ages</b>	16 years or older	18 years or older	
<b>Administration</b>	Two doses, 21 days apart	Two doses, 28 days apart	Single dose
<b>Efficacy</b>	95%	94.1%	86% effective at preventing severe COVID-19 cases. 67% effective at preventing all cases.
	100% protective against death by COVID-19		
<b>Type of vaccine</b>	mRNA		Viral Vector

Visit [clinicaltrials.gov/](http://clinicaltrials.gov/) for updated information on additional vaccines in clinical trials.

### How mRNA and Viral Vector Vaccines Work



### Before Your Appointment

**Be prepared and advocate for yourself.**

This educational 1-pager is a great start to educate yourself on the vaccine. You can also learn more at [CDC.gov](http://CDC.gov) or request information from a health professional at a vaccination location.

### At Your Appointment

Make sure to wear well-fitted double masks. While waiting, keep a safe distance from others.

### After Your Appointment

**Side effects can occur and are a normal reaction of your body when it is building immunity.**

*Pain or swelling on arm where you received the shot*

*Headache, tiredness, chills, or fever.*

**To mitigate pain or discomfort, try the below ideas.** If additional pain management is needed, talk to your doctor about taking over-the-counter medicine, such as ibuprofen.

*Apply clean, cool, wet washcloth over area. Use or exercise your arm.*

*Drink plenty of fluids and rest.*

However much discomfort you experience, remember that having COVID-19 is likely much worse and many people have died from it.

Herd immunity occurs when enough people become immune to a disease to make its spread unlikely. This can be achieved through vaccination.



Content is **not** intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

**COVID-19 relief support:** 1.833.956.1554 or [navajohopisolidarity.org](http://navajohopisolidarity.org)  
**More info on COVID-19:** [CDC.gov/coronavirus](http://CDC.gov/coronavirus)

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CATAPULT DESIGN

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