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.

I GOT MY COVID-19 VACCINE!
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 or call 928-871-6350.

Myths

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

<table>
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<tr>
<th>Pfizer-BioNTech</th>
<th>Moderna</th>
<th>Janssen/J&amp;J</th>
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<tr>
<td>Authorized ages</td>
<td>16 years or older</td>
<td>18 years or older</td>
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<tr>
<td>Administration</td>
<td>Two doses, 21 days apart</td>
<td>Two doses, 28 days apart</td>
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<tr>
<td>Efficacy</td>
<td>95%</td>
<td>94.1%</td>
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<tr>
<td>Type of vaccine</td>
<td>mRNA</td>
<td>Viral Vector</td>
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Visit clinicaltrials.gov for updated information on additional vaccines in clinical trials.

How mRNA and Viral Vector Vaccines Work

1. SIMULATE & LEARN
   - Antibodies
   - The vaccines simulate the virus to train your body on how to respond to the virus.

2. DETECT & DESTROY
   - If you are exposed to the virus in the future, your immune system will quickly recognize and begin destroying the virus.

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.

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 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.

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.

- Pain or swelling on arm where you received the shot
- Headache, tiredness, chills, or fever
- 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.

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

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.