



# THE COVID-19 VACCINE IS NOW AVAILABLE!

Riverside-San Bernardino County Indian Health, Inc.

wants you to stay healthy!

The COVID-19 Vaccine is now available to residents of Riverside and San Bernardino Counties.

Just call the RSBCIHI Call Center Hotline at (909) 835-4707

to schedule your appointment!

Here is why you should get vaccinated today:

- ◆ COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
- ◆ The COVID-19 vaccination will help keep you from getting COVID-19.
- ◆ All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.
- ◆ The COVID-19 vaccination is a safer way to help build protection.
- ◆ COVID-19 vaccination will be an important tool to help stop the pandemic.
- ◆ Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.

**ALL RSBCIHI clinics are offering you the opportunity to receive the Moderna, Pfizer or Johnson & Johnson Vaccine.**

The Moderna vaccine is recommended for people aged 18 years and older. It is a two dose regimen 28 days apart.

The Pfizer vaccine is recommended for people aged 16 years and older and is a two dose regimen 21 days apart.

**TAKE CHARGE OF YOUR HEALTH AND GET VACCINATED TODAY!**

**ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

# FREQUENTLY ASKED QUESTIONS ABOUT THE COVID VACCINE

## **What are the common side effects of getting the vaccine?**

After getting vaccinated, you may have some side effects, which are normal signs that your body is building protection. The most common side effects are pain and swelling in the arm where you received the shot. In addition, you may have fever, chills, tiredness, and headache. These side effects may affect your ability to do daily activities, but they should go away in a few days.

## **If I am pregnant, can I get the vaccine?**

Yes. If you are pregnant, you may choose to be vaccinated when it's available to you. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problem with pregnancy, including the development of the placenta.

People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them. There is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines. There is no routine recommendation for taking a pregnancy test before you get a COVID-19 vaccine.

If you have questions about getting vaccinated, talking with a healthcare provider may help you make an informed decision.

## **How long does protection from the COVID vaccine last?**

We don't know how long protection lasts for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available.

## **If I already had COVID-19, do I still need to get vaccinated?**

Yes, you should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again. Learn more about why getting vaccinated is a safer way to build protection than getting infected.

If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts are still learning more about how long vaccines protect against COVID-19 in real-world conditions. CDC will keep the public informed as new evidence becomes available.