



RIVERSIDE – SAN BERNARDINO COUNTY  
**INDIAN HEALTH, INC.**

11980 Mt.Vernon Ave. Grand Terrace, CA. 92313

May 18<sup>th</sup>, 2021

Dear Riverside-San Bernardino County Indian Health, Inc.  
Patients:

I hope this letter finds you and your loved ones staying safe and healthy.

The COVID-19 pandemic has caused tremendous disruption in each of our lives. As your primary care provider, RSBCIHI cares deeply about your health and well-being. That's why I encourage you to get a COVID-19 vaccine as soon as possible if you haven't already done so. We offer the Moderna, Pfizer or Janssen (Johnson & Johnson) vaccines.

Getting vaccinated can bring you one step closer to enjoying the activities you miss. It is one of the most important things you can do to help protect yourself and your loved ones from this disease. Everyone 12 years of age and older is now eligible to get a COVID-19 vaccination. If you have already received the vaccine, I encourage you to talk with people you may know who have not yet decided to get the vaccine.

Do you have questions or concerns about getting a vaccination? I encourage you to talk with one of our Providers who can talk with you and help you make a better and an informed decision about getting vaccinated.

Here are some of answers to questions we hear most often from patients:

•**Why should I get vaccinated?** The COVID-19 virus can cause serious illness or even death. There's no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to family, friends, and others around you. Getting the COVID-19 vaccination is an important tool to help us stop this pandemic and get back to normal.

**•Are COVID-19 vaccines effective at preventing the disease?** All COVID-19 vaccines available in the United States are effective at preventing the disease. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19.

**•Are the COVID-19 vaccines safe?** COVID-19 vaccines are safe. Over 100 million people in the United States are fully vaccinated. COVID-19 vaccines have undergone the most intensive safety monitoring in U.S. history, and scientists are continuing to monitor their safety.

**•Will the shot make me sick? Will I have side effects?** You may have side effects after vaccination, but these are normal signs that your body is building protection. The most common side effects are pain, redness, and swelling in the arm where you got the shot, tiredness, headache, muscle pain, chills, fever, and nausea. If you have these side effects, they should go away within a few days. Serious safety problems are rare. But if you are concerned about them, please talk with your Healthcare Provider.

There are many places where you can get vaccinated, and it's 100% free. You can

**•Contact our COVID-19 Vaccination Call Center at 909-835-4707** to schedule a vaccination appointment.

- Visit [vaccines.gov](https://www.vaccines.gov). to find a vaccination location near you.
- Call your local pharmacy or visit your local health department website.

Take charge of your health and stay healthy physically and emotionally. We are here to answer your questions, we are here to serve and we look forward to hearing from you.

Anza Outreach Office  
(951)763-4835 (877) 781-0555  
34100 Contreras Rd. Suite F  
Anza, CA 92539  
Hours: Monday-Thursday: 8AM-5PM,  
Friday: 8AM-2PM

Morongo Indian Health Center  
(951) 849-4761, (800) 732-8805  
11555-1/2 Potrero Rd.  
Banning, CA 92220  
Hours: Monday, Wednesday, Thursday: 8AM-5PM  
Tuesday: 8AM-7PM, Friday: 8AM-2PM

Palm Springs Outreach Office  
(760) 323-9496 (877) 781-0444  
901 East Tahquitz Way #A-204  
Palm Springs, CA 92262  
Hours: Monday-Thursday: 8AM-5PM,  
Friday: 8AM-2PM  
By Appointment only.

Pechanga Indian Health Center  
(951) 676-6810 (877) 781-0333  
12784 Pechanga Rd.  
Temecula, CA 92592  
Hours: Monday-Thursday: 8AM-5PM  
Friday: 8AM-2PM  
Coming soon: New Clinic location in Temecula:  
47001 Pala Road, Temecula 92592

San Manuel Indian Health Center  
(909) 864-1097 (888) 268-0008  
11980 Mt. Vernon Ave.  
Grand Terrace, CA 92313  
Hours: Monday-Wednesday: 8AM-5PM  
Thursday: 8AM-7PM, Friday: 8AM-2PM

Santa Rosa Indian Health Clinic  
951-823-8882  
833-692-0534  
65175 State Highway 74,  
Mountain Center, CA 92561  
Hours: Please call the clinic for designated hours

Soboba Indian Health Center  
(951) 654-0803 (800) 851-5816  
607 Donna Way  
San Jacinto, CA 92583  
Hours: Monday, Tuesday, Thursday: 8AM-5PM  
Wednesday: 8AM-7PM, Friday: 8AM-2PM

Torres Martinez Indian Health Center  
(760) 397-4476 (800) 717-4486  
66-735 Martinez Rd.  
Thermal CA 92274  
Hours Monday-Thursday: 8AM-5PM  
Friday: 8AM-2PM

Coming soon-a new clinic location:  
66-655 Martinez Road.

Sincerely,

*Bill Thomsen*, MHA

Chief Executive Officer,

Riverside-San Bernardino County Indian Health, Inc. (RSBCIHI)