



PROTECT ALL OUR RELATIONS

## FAQs about COVID-19

### How were the vaccines made & delivered so quickly?

The COVID-19 virus is related to SARS and MERS, which are also coronaviruses that cause respiratory disease in humans. Health experts and doctors studied these viruses for many years, long before COVID-19 was identified. Their work and knowledge helped make it possible to develop safe and effective vaccines which are being used today.

### Are the vaccines safe and effective for Native communities?

Yes. The clinical trials for the COVID-19 vaccines involved tens of thousands of volunteers of different ages, including members of the Navajo Nation and the White Mountain Apache Tribe. These trials followed the same rigorous standards as any other vaccine to ensure safety and effectiveness.

### What is the Delta variant?

The Delta variant is the dominant strain of COVID-19 in the United States\* and is twice as contagious as other variants. Cases involving the Delta variant are increasing among the unvaccinated and younger adults.

All authorized vaccines in the US provide protection against the Delta variant.

\*as of August 2021

### Why should I get vaccinated?

COVID-19 can cause serious illness and death - there is no way to know how it will affect you. Vaccination is the safest way to build immunity.

When you get vaccinated, you're building community immunity to protect yourself and your tribe. Every vaccination is a step towards getting back to normal. It's possible to get COVID-19 once you're vaccinated, but the vaccine drastically decreases your chances of severe illness, hospitalization, or even death from COVID-19.

## SCHEDULING A VACCINE APPOINTMENT

Contact your local tribal health center or find your nearest vaccine site:

- Call **1.800.401.0946** between **7 AM to 8 PM**, 7 days a week
- Visit [NVCovidFighter.org](https://www.nvcovidfighter.org)
- Text your **zipcode** to **438829**

**For your family  
For your land  
For you**

**Brave up  
Get vaccinated**



Photographs by  
Bucky Harjo



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## STOP THE SPREAD



Minimize in-person contact with people outside your tribe



When not with people from your household, mask up!



Wash or sanitize your hands often.



Social distance by

- Greeting verbally
- Gathering outside

If inside, wear masks and stay apart.



Stay home if you don't feel well, even if you have mild symptoms.



Clean and disinfect frequently touched objects and surfaces

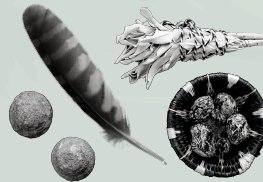
## WAYS TO COPE



Learn about your culture



Pray and have safe ceremonies



Enjoy traditional foods and medicine



Create cultural art like beadwork

## IF YOU FEEL SICK OR THINK YOU WERE EXPOSED

Contact your local tribal health center. **Get tested immediately.**  
If infected: Isolate and Self-Quarantine.

**#ONECOMMUNITY | #ONERESPONSE**

