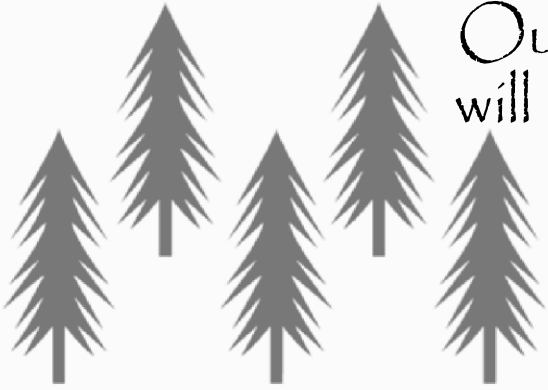


# Our Ancestors Walk with Us

Our story with vaccines  
will be different this time



Their strength is with  
us

We have the power to  
keep each other safe



**The vaccines work**



**The vaccines will  
save lives**



**The vaccines  
are safe**

This is our story to  
tell

We have a choice

This is **YOUR** choice. Your Right.

## Informed Decision

### What is it?

Knowing what is going on (the plan) before making a decision to move forward or to not move forward.

Before you go for your vaccine (if you choose to), you will be asked to fill out a consent form.



# What to expect:

**Step 1:** Please arrive wearing a mask to keep each other safe. If possible, bring 2 pieces of ID. Your health care card number can be found on your drivers license or BC I.D.



**Step 2:** Get information from on-site Educators and receive the Immunization form.



**Step 3:** Receive immunization and immunization card (a second dose will be required). Please keep and bring your immunization card with you for the second dose.



**Step 4:** Sit and relax for 15 minutes. A snack will be provided as you leave.





Cultural workers will be on site for extra support.



# Immunization Record Card

- Please keep this with you to show that you have received the COVID-19 vaccine
- This will be important for when you are traveling
- Bring the card with you when you come back for second dose

	<b>COVID-19 Immunization Record</b>
Name: _____	
Dose 1 Product Name: _____	
Lot #: _____	Date vaccine given: _____
Dose 2 Product Name: _____	
Lot #: _____	Date vaccine given: _____
	Scan this QR code or visit <a href="https://FraserHealth.ca/VaccineBooking">FraserHealth.ca/VaccineBooking</a> to book your 2 <sup>nd</sup> dose of vaccine.
	You will have the best protection after 2 doses.
	258967   FEB.10.2021

# Which Path Will You Take?

## **CHOOSE **TO** TAKE THE COVID VACCINE**

**Greatly reduces the risk of contracting  
Covid-19.**

**Widespread immunization is the best  
way to protect people from Covid-19**

**Builds Community Immunity**

**As more people get vaccinated, we can  
return to activities that haven't been  
possible during the pandemic**

## **CHOOSE **NOT** TO TAKE THE COVID VACCINE**

**Receiving the vaccine is a  
personal choice**

**Higher risk of contracting  
Covid-19**

**Must be diligent with  
following Covid-19 protocols**



**FNHA's Medical Officers strongly recommend that Indigenous people opt to get the vaccine when they are offered one**

# Who May Need to Avoid the Vaccine?

- Those who have anaphylactic reactions to medicine/non-medicine ingredients found in the Covid-19 vaccine. Medications will be on site in the rare case of anaphylactic reaction.
- Those pregnant or breastfeeding should discuss getting the vaccine with medical practitioner.
- If you have an autoimmune disease and have questions, speak with your medical practitioner.

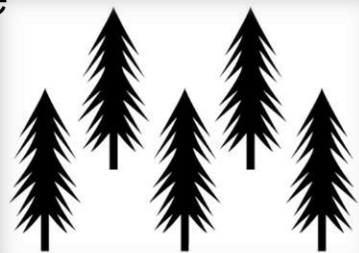
# Ingredients in Pfizer and Moderna Vaccines

## **Pfizer-BioNTech:**

RNA, lipids ((4-hydroxybutyl)azanediyl) bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose.

## **Moderna:**

messenger ribonucleic acid (mRNA), lipids ( SM-102, polyethylene glycol [ P EG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSP C]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose



# Potential Side Effects

- pain at injection site
- tiredness
- headache
- muscle and/or joint pain
- chills
- fever

**Note:** these are only potential side effects; you may experience only one, a few or even none of the above side effects after the vaccine

*There are medications on site where vaccine is given in case severe allergic reaction did occur*



# Post Vaccine – Wait 15 mins

**Anaphylactic reactions will usually happen within 15 minutes of taking the vaccine, which is why you are REQUIRED to wait the full 15 minutes.**

**Anaphylactic reactions are serious and will require you to seek a health care provider for treatment.**

# Experiencing an Adverse Reaction

**Note:** individuals will react differently to the vaccine but that does not need to be scary. Knowing what to expect can help lessen anxiety, fears, and worries about the post-vaccine experience.

*If you have questions, concerns or reactions to report, call*

**Fraser Virtual Health 1-800-314-0999**

*available 7 days a week from 10am-10pm*

**FNHA Doctor of the Day: 1-855-344-3800**

*(Medical Office Assistants are available to help, 7 days a week, 8:30am to 4:30pm)*

# What should I do after I get the vaccine?

**You will still be required to continue to follow public health requirements**

- Wash your hands or use hand sanitizer
- Physical distance
- Wear a mask



*If you develop respiratory symptoms (runny nose, cough, sore throat, shortness of breath, etc.) and/or stomach symptoms (nausea, vomiting, diarrhea) you need to be tested for COVID-19 infection. Contact your health care provider or call 8-1-1 for advice.*

# Why get vaccinated if I still have to wear a mask and physically distance?

You are not fully immune to Covid-19

After the **first dose**, you are partially (not yet fully) immune to Covid-19.

You will be at optimal immunity after the **second dose**.



# A few important notes!

- Once the first dose is received it is very important to commit the second dose! This is so your body can build an immune response to the COVID-19 spike protein. You will be notified when the second dose occurs.
- You can still give Covid-19 to others even after you have received the vaccine
- You can still get Covid-19 after having been vaccinated but your body will be able to fight it better and you will have milder (if any) symptoms and your chances of recovery increase

# STANDING TOGETHER

**EMPOWER** each other

**ENCOURAGE** conversation  
not accusation about the vaccine

**KINDNESS** costs us nothing  
but can gain us everything

**RESPECT** and seek the  
**KNOWLEDGE** of our  
Elders

**SUPPORT** your Elders,  
family, and friends

**SEEK** the truth

Take time to  
**EDUCATE** yourself  
on the vaccine

**RESEARCH** the vaccine &  
learn the facts

# Who to Call

FNHA Doctor of the Day: **1-855-344-3800** (Medical Office Assistants are available to help, 7 days a week, 8:30am to 4:30pm)

The Fraser Health Aboriginal Health Liaison line is available toll-free at **1-866-766-6960** to help you access health care services to meet your cultural needs and answer questions.

The MNBC Health Ministry is available at **604-557-5851** to answer questions and provide support.

## Seeking the truth!

The [Fraser Health website](#) has facts about the COVID-19 immunization program and reminders about the Public Health Officer (PHO) orders.

# Who to Call

## ✓ **Wellness System Navigators**

Marilyn Dalton ([Marilyn.Dalton@fnha.ca](mailto:Marilyn.Dalton@fnha.ca)) (778) 684-1728

Nardia Brown ([Nardia.Brown@fnha.ca](mailto:Nardia.Brown@fnha.ca)) (604) 831-2651

## ✓ **Family and Youth Wellness System Navigators**

Deanna Rabeneck ([Deanna.Rabeneck@fnha.ca](mailto:Deanna.Rabeneck@fnha.ca)) (604) 250-2385

Jennifer Charchun ([Jennifer.Charchun@fnha.ca](mailto:Jennifer.Charchun@fnha.ca)) (778) 347-3538

## ✓ **Community Wellness Initiatives Facilitators**

Jennifer Heaven ([Jennifer.Heaven@fnha.ca](mailto:Jennifer.Heaven@fnha.ca)) (604) 812-7680

Nadine Mross ([Nadine.Mross@fnha.ca](mailto:Nadine.Mross@fnha.ca)) (604) 226-8261

## ✓ **Community Support**

Tracey Jirak ([Tracey.Jirak@fnha.ca](mailto:Tracey.Jirak@fnha.ca)) (604) 319-2979





This is your journey...

This is your day, your hour, your moment.

Take the time you need.

This is not a race. There is no rush. You can change  
your mind.

Your ancestors are with you.

# **GROUNディング EXERCISES TO TRY**

- Move your body
- Take in a deep breath
- Count back 5-4-3-2-1
- 3-2-1: what are three things I hear, two things I see, one thing I smell



*Smudge*

Burn sage

*Move*

Stretch, walk, run or  
meditate

*Be kind*

To yourself

*Go outside*

Sunshine provides  
valuable Vitamin D

# *Rooting Yourself*

*Letting go of Anxiety*

*drink*

water & sage

*Eat healthy*

Try to decrease sugar in  
your diet

*breathe*

deeply

*talk*

To someone that will  
understand



# Commonly Asked Questions



## **Don't know if I wanted the vaccine**

You do not need to be vaccinated right now. You can wait until it is being offered to the general public

## **Things are just happening too fast and I don't feel comfortable with it.**

No shortcuts were taken in the development of the vaccine. Global collaboration was key.

## **I am worried about side effects**

Side effects are a natural response to the vaccine. Have a plan in place in case you have questions.

## **What if I don't get the vaccine?"**

Not receiving the vaccine is your choice. You will need to ensure that you properly protect yourself and others with PPE.

# Commonly Asked Questions



## **I don't know what is in the vaccine**

Both vaccines are very similar and contain mRNA, fat, salt, and sugar.

## **I am worried about allergies**

Allergies that are not specific to medication will not be a concern.

## **Can I still get Covid after getting the vaccine?"**

Yes, you can still get Covid after receiving the vaccine. But your chances of experiencing milder symptoms (if any) and in some cases surviving Covid will be much better.

## **Am I still contagious after getting the vaccine?**

You can still be contagious after getting the vaccine.

# Commonly Asked Questions



## **How long before the second dose will be available to me?"**

The second dose will be available roughly 4 months after your first dose. Remain informed as research continues to teach us more

## **What if I am pregnant or breastfeeding?"**

If you are pregnant or breastfeeding, talk to your Doctor for more details specific to your personal health. But it is otherwise considered safe.

## **Can I get the vaccine if I have already had Covid?**

Yes, you can get the vaccine even if you have already had Covid.