

# Getting 'Back to Normal' is going to take **ALL OF OUR TOOLS**

## PUEBLO OF LAGUNA

Get vaccinated. Wear a mask. Avoid crowds. Wash hands often.



## COMMON COVID-19 VACCINE QUESTIONS

### WHY SHOULD I GET A COVID-19 VACCINE?

COVID-19 is the worst global pandemic in a century, and it has taken a devastating toll on our families and community. The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated you can also help protect those around you, such as children.

### ARE COVID-19 VACCINES SAFE?

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different ages, races, and ethnicities. There were no serious safety concerns. **The risk of catching the virus & having a bad outcome is much higher than any risk from the vaccine.**

### CAN THE VACCINE CAUSE COVID-19?

The **vaccine cannot give you COVID-19**; there is no live virus in it!

### CAN MY CHILD GET VACCINATED?

No. More studies need to be conducted before COVID-19 vaccines are recommended for children aged 16 & younger.

### ARE THERE ANY SHORT-TERM SIDE EFFECTS TO LOOK OUT FOR?

While the COVID-19 vaccination will protect you from COVID-19, you may have some reactions, which are normal signs that your body is building protection. These side effects may even feel like the flu. These should go away in a few days.

- On the arm where you got the shot: pain, swelling
- Throughout the rest of your body: fever, chills, tiredness, headache

### WHAT CAN I DO IF I HAVE SIDE EFFECTS FROM THE VACCINE?

- Talk to your doctor about over-the-counter pain relievers, ibuprofen or acetaminophen.
- For pain in the area where you got the shot, apply a cool wet washcloth and move the arm.
- For fever, drink plenty of fluids especially water and dress lightly.

### WHAT ARE SIGNS OF A SEVERE ALLERGIC REACTION?

**IMMEDIATELY CALL 552-6666**, if you have a severe allergic reaction such as:

- Difficulty Breathing
- Swelling of Face & Throat
- Fast Heartbeat
- Bad Rash All Over Body
- Dizziness & Weakness

### WHY DO I NEED TWO COVID-19 SHOTS?

The first shot helps the immune system recognize the virus, and the second shot strengthens the immune response. You need both for the best protection. The vaccines that are currently available require that you receive 2 shots:

- Pfizer – 21 days apart (no earlier)
- Moderna – 28 days apart (no earlier)

### ARE COVID-19 VACCINES REQUIRED?

State and Federal governments do not require people to be vaccinated for COVID-19. The Pueblo of Laguna does not require community members to be vaccinated. Some private entities may require employees to get vaccinated.

VISIT [LAGUNAPUEBLO-NSN.GOV/COVID-19](https://LAGUNAPUEBLO-NSN.GOV/COVID-19)

# COMMON COVID-19 VACCINE QUESTIONS

## HOW MUCH WILL IT COST?

There is **no cost to receive a vaccine** with the Pueblo of Laguna and you will not be billed directly.

## WHO IS ELIGIBLE TO RECEIVE A VACCINE?

Over the next few months, the Pueblo of Laguna will receive limited supplies of COVID-19 vaccine from the State of New Mexico. Currently, the Pueblo of Laguna has and will offer vaccine to the following in Phases:

- All enrolled Laguna tribal members living on or off the reservation.
- Laguna residents living within the Pueblo boundaries; Native or non-Native
- POL Employees
- POL Entity Employees

## WHAT IF I HAD/HAVE COVID?

People who have already had COVID-19, with or without obvious symptoms, should be vaccinated. If a person currently has COVID-19, that person should not receive the vaccine until they have recovered. Once the person does not have symptoms and is no longer required to isolate, they should get vaccinated. You can become infected more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last.

## IS IT BETTER TO GET NATURAL IMMUNITY TO COVID-19 RATHER THAN IMMUNITY FROM A VACCINE?

No. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection lasts. Vaccination is the best protection, and it is safe. Individuals who get COVID-19 can have serious illnesses, and some have debilitating symptoms that persist for months.

## IS IT SAFE TO GET A COVID-19 VACCINE IF I HAVE AN UNDERLYING MEDICAL CONDITION?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

## WHAT IF I'M CURRENTLY IN QUARANTINE, CAN I STILL RECEIVE A VACCINE?

Yes. Please pre-register and you'll be contacted by the EOC vaccination team. Make sure to inform them that you are in quarantine and we'll work with your contact tracer to allow you to leave to be vaccinated.

***You MUST ONLY travel from home to vaccination site & back home! No other stops allowed.***

## I'M AN ENROLLED LAGUNA TRIBAL MEMBER LIVING IN ANOTHER STATE. WHAT DO I NEED TO DO TO RECEIVE A COVID-19 VACCINE FROM THE POL?

Laguna tribal members living in another state MUST follow the protocols as identified under the Pueblo of Laguna Executive Order Amendment No. 2 and those set out by the POL EOC:

- Contact the POL EOC at (505) 328-5682 to receive instructions.

## WILL I STILL NEED TO FOLLOW COVID-19 SAFE PRACTICES?

Yes! The vaccines are very effective at preventing infections, but we don't know yet how effectively they prevent transmission. To protect your loved ones, especially children, continue to:

- Wear a face mask when around others
- Socialize at a distance
- Avoids crowds and gatherings
- Wash your hands often with soap & water

To Register For A COVID-19 Vaccine Visit:

Pueblo of Laguna Website

[www.lagunapueblo-nsn.gov/COVID-19.aspx](http://www.lagunapueblo-nsn.gov/COVID-19.aspx)

For Questions About COVID-19 Vaccine:

Call EOC Hotline (505) 328-5682

Email EOC: [covidinfo@pol-nsn.gov](mailto:covidinfo@pol-nsn.gov)

Facebook Page: Pueblo of Laguna COVID-19

