**Protect Yourself. Protect Your Family. Protect Your Community.   
Get Your COVID-19 Vaccination.**

While COVID-19 vaccines are widely available in tribal communities, some members remain hesitant to get vaccinated. It’s important to know that vaccines are safe and effective. They’re free. They are also the best way to keep tribal members safe from the COVID-19 virus. “In our community, we look out for and protect one another. Getting fully vaccinated against COVID-19 adds one more layer of protection for tribal members,” says Mary Wolf, Lac Courte Oreilles Tribal Elder and Aging & Disability Services Director at the Great Lakes Inter-Tribal Council. “Everyone who is eligible to get the vaccine should get fully vaccinated.” This is especially important for Tribal Elders, who are at the greatest risk of complications from the virus due to higher rates of chronic health problems such as diabetes and heart disease.

Ultimately, it’s important that everyone be fully vaccinated – young and old alike – to keep the virus from harming our community.

**Are COVID-19 Vaccinations Safe?**

Yes. COVID-19 vaccines are safe and effective. You cannot get the virus from getting the vaccine. You may have mild side effects after vaccination, but that is normal and is a sign that your body is building protection against the virus.

**How Do I Get a Vaccine?**

There are several places that you can get your COVID-19 vaccination including pharmacies, Tribal Health Centers and even pop-up vaccination events. If you are unsure about where to get vaccinated, contact your Tribal Health Center or visit vaccines.gov.