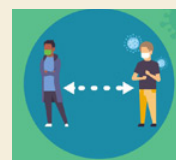
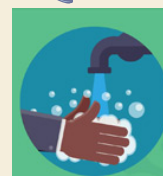
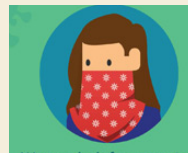




COVID-19 VACCINES: UPDATED GUIDELINES

Current Information

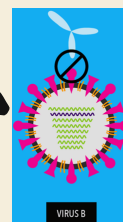
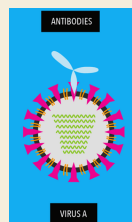
- **2 boosters available: 2nd booster for those above 50 years old**
- If exposed to COVID-19, the risk of an extended illness is much lower if vaccinated.
- Continue to wear a **mask**, **practice physical distancing**, **wash your hands for at least 20 seconds**, quarantine if exposed and isolate when ill.
- Lastly, **GET VACCINATED!**



- **Variants can be dangerous!**
- Variants can impact people differently, ranging from mild to life threatening.
- **Best way to prevent variants is to GET VACCINATED!**

WHY SHOULD YOU GET IT?

- New variants of COVID-19 have been popping up in many communities.
- Reason: Viruses naturally mutate and new variants (strains) are made.



WHO CAN GET IT?

- **Anyone 5 years and older**
- **Those who are moderately or severely immunocompromised**



WHERE CAN YOU GET IT?

- Visit **Vaccines.gov** to register and find providers
- Text your ZIP code to 438829 or call 1-800-232-0233
- Check local pharmacies
- Ask your Tribal Health Director

Sources:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>

Rocky Mountain Tribal Leaders Council

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