Trump Signs Stimulus Package—What it Means To Indian Country

(A-PALM BEACH, Fla.) President Donald Trump on Sunday evening, Dec. 27, signed the $908 billion Coronavirus Response and Relief Supplemental Appropriations Act into law, which sets in motion the release of the $908 billion emergency relief passed by Congress last Monday.

The key component for the average American is direct stimulus payments of $600 to individuals who earned up to $75,000 in 2019 or less than $150,000 per couple. So, a family of four will receive $2,400. Those individuals who earned more than $75,000 and up to $99,000 would have a reduced stimulus check. Individuals who made more than $99,000 are ineligible for the stimulus program.

Trump released a video on Twitter that said the $600 per individual was not enough. He said $600 per individual was a “disgrace” and the stimulus payments per individual should have been $2,000. He left the White House to fly to his Florida home without signing the Act, which left speculation he would not sign it.

On Saturday unemployment benefits for over 10 million Americans ran out. Sunday’s signing will restore the unemployment benefits and will avert a government shutdown that would have gone into effect on Tuesday.

COVID-19 Relief for Indian Country and Native communities

The bill packages an additional $16 billion in funding for the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and the Health Resources and Services Administration (HRSA) over the next year for the COVID-19 response, and also requires an independent evaluation of the response. The bill provides an additional $25 billion for the Community Health Centers (CHCs) to expand their operations and ensure accessible care for millions of Americans.

The American Medical Association (AMA), believes this passed legislation provides much needed resources that will save lives and help protect American families and the economy from the ongoing pandemic and resumption of any sense of normalcy. “We, as health care professionals, must lead the way for our patients and communities to follow. Vaccinations are our only way out of the pandemic and resumption of any sense of normalcy.”

Health care professionals who chose to receive the vaccine.

In simple terms, the Pfizer vaccine acts much like a messenger to the body, describing to the body what the coronavirus looks like, and acts like and what it wants the body to do if the virus is detected. The vaccine itself does not contain a live COVID-19 virus, therefore some people may experience minor side effects from the vaccination which include mild body aches. The Pfizer vaccine has been given authorization to treat patients ages 16 years and older, and requires two injections 21 days apart, with a 95% effective rate, according to the FDA. The Moderna vaccine was authorized to treat patients ages 18 years and older, and also requires two vaccinations, but 28 days apart and has a 94.1% effective rate.

S$210 million will ensure HIS facilities, Tribes, and urban Native communities have the resources they need for COVID-19 vaccine distribution and administration, and $700 million will be available to support testing, contact tracing, and other COVID-19 mitigation efforts. Mental Health ($125 million)

Sets aside $125 million in additional funding for Tribes and urban Indian health organizations within the Substance Abuse and Mental Health Services Administration to address the mental health needs of Native communities.

Telehealth ($25 million)

Provides a $25 million direct transfer to the Indian Health Service from the FCC to enhance telehealth access at federal, tribal, and urban health programs

Housing Assistance ($800 million)

Sets aside $800 million in funding for Tribally Designated Housing Entities and the Department of Hawaiian Homelands to address housing stability issues during the COVID-19 pandemic.

See STIMULUS BILL pg. 6

Arrival of COVID-19 Vaccines Sparks an Ember of Hope

While families continue to mourn the deaths of their family members ravaged by COVID-19, a small sprinkling of hope began to emerge on the horizon of the New Year 2021. Hope in the form of vaccines designed to stop the spread of COVID-19.

On Dec. 11, 2020, the U.S. Food and Drug Administration (FDA) issued an emergency use authorization for the Pfizer-BioNTech vaccine. Five days later, upon its arrival to the Clinton Service Unit (CSU), the Pfizer vaccine was being administered to frontline health care workers and emergency medical personnel at the Clinton, El Reno and Watonga Indian Health Services. The vaccination distribution included the Cheyenne and Arapaho Tribe’s Emergency Manage-
Santa’s First Visit to Indian Camp

By Arapaho Chief Allen Sutton

In the early years when the Indians first heard about Santa Claus, they knew that Santa would come visit their camp. As the elders sat around and talked about this man called “Santa Claus,” they knew that Santa was a giver of gifts and presents to the people. They believed that he had magical powers and could make their dreams come true.

Santa arrived very late at night, and tied his deer to the trees just outside the camp. The young braves who were guarding the camp saw the lights and knew that Santa had arrived. They ran to the tipi doors of everyone in camp. As Santa walked off through the woods with an empty sack over his shoulder.

The young braves were taking deer out by the trees, the deer to us. All we have to do is wait on Santa and for a while and said, “this is a truly a historic and unprecedented day for all Indigenous people.”

“Congratulations, sir, and I also thank the Biden-Harris team for making a statement and keeping their word to place Native Americans in high-level Cabinet positions,” he said in a statement.

Julian Brave NoiseCat, a vocal advocate who is a member of the Canim Lake Band Tsq’escen and a descendant of the Lil’wat Nation of Mount Currie, highlighted Haaland’s unique position, saying, “The next Secretary of Interior will be a Laguna Pueblo woman who went to Standing Rock in 2016 and fought for the people.”

Groups that shared their support on social media and in statements included the National Congress of American Indians, the New Mexico Indian Affairs Department, the Coalition to Protect Native American to Lead a Cabinet Agency

Rep. Deb Haaland, Laguna and Jemez Pueblos, is poised to be selected by President-elect Joe Biden to lead the Department of the Interior. (Photo by Haaland for Congress)

The nomination of Rep. Deb Haaland, Laguna and Jemez Pueblos, will be a Laguna Pueblo woman who will hit the ground running.

“The nomination of Rep. Haaland, a champion of the environment and of Native people, heralds a new era of collaboration, progress and healing in the Department of the Interior that is long overdue,” said Gussie Lord, a member of the Osage Nation of Wisconsin and managing attorney of Earthjustice’s Tribal Partnerships Program.

Interested in learning Meat Cutting and Processing? The Cheyenne and Arapaho Tribes DREAMS Program is recruiting clients who are interested in being certified in Meat Cutting and Processing for potential employment opportunities.

Eligible clients will receive instruction through an online training provider, and upon completion of the training, will receive official certification on how to safely and professionally cut and process meat.

Already certified! The DREAMS Program encourages all clients who hold any valid occupational certifications to complete and submit the DREAMS-TERO 2021 Skills Bank Application, available to print on the Tribal Webpage: www.cheyennearapaho-nsn.gov under the DREAMS-TERO Program tab.

• Please call to schedule an intake appointment.

• Only client will be seen unless guardian is required.

• Upon entry, client must wear a mask, be subject to temperature scan, and washing/sanitizing hands, and maintain distance during interview or testing.

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American to serve as a Cabinet secretary.

"I live in a world where the world's Pueblo household made me fierce. I’ll be fierce for all of us, our planet, and all of our protected land. I am honored and ready to serve.”

Biden confirmed the nomination late Thursday as part of the final push to fill key Cabinet posts, which also includes secretary of Energy, Environmental Protection Agency administrator, chair of the Council on Environmental Quality and national climate director.

“This brilliant, tested, trailblazing team will be ready on Day One to con- front the existential threat of climate change with a united national response rooted in science and equity,” the presi- dent-elect said in a statement.

Now that the decision is made, the Interior Department is tasked with protecting the nation’s natural re- sources and honoring the government’s federal trust responsibilities. It manages America’s vast public lands and coastal areas while overseeing prominent departments such as the Bureau of In-

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Now recruiting students for meat processing

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“I congratulate her, and I also thank the Biden-Harris team for making a statement and keeping their word to place Native Americans in high-level Cabinet positions,” he said in a state-
The new coronavirus vaccine appears to be stunningly effective — blocking serious illness entirely in random trials — and it has passed strict safety reviews and won emergency authorization from regulators in the United States and many other countries so far. But news bulletins in the past week provided a reminder that this remains a pandemic that is widespread and lethal.

The FDA, an agency within the Department of Health and Human Services, authorized use of the Pfizer COVID-19 vaccine for people 16 years of age and older. It also granted authorization to the Moderna vaccine for individuals 18 years of age and older. The Pfizer vaccine is the second authorized COVID-19 vaccine to be distributed in the United States.

The new vaccine is similar to others already on the market, but it was developed much faster. It is expected to be a turning point in the pandemic, with more than 250 million doses already distributed in the United States.

The FDA’s approval of the Pfizer COVID-19 vaccine adds to the growing list of vaccines that have been authorized or approved for use in the United States. As of mid-2021, there are more than 200 authorized or approved vaccines in the United States, and many countries around the world.

The FDA’s decision to authorize the Pfizer vaccine was based on several factors, including the vaccine’s effectiveness and safety. The agency reviewed data from clinical trials conducted by the manufacturers, including Pfizer and Moderna.

The Pfizer vaccine is expected to be much safer than other vaccines currently available. It is not associated with serious adverse events, and it is expected to be much more effective than other vaccines, such as the flu vaccine.

The FDA’s approval of the Pfizer vaccine is a significant milestone in the fight against the coronavirus pandemic. The vaccine has the potential to save countless lives and help bring an end to the pandemic. But it is important to note that the vaccine is not a cure-all, and that we must continue to take precautions to prevent the spread of the virus.

In order to receive the vaccine, individuals must be at least 16 years of age. The Pfizer vaccine is expected to be available to the general public in the United States in early 2021. The vaccine is expected to be distributed through a network of pharmacies, clinics, and other healthcare providers.

The FDA’s decision to authorize the Pfizer vaccine is a significant milestone in the fight against the coronavirus pandemic. The vaccine has the potential to save countless lives and help bring an end to the pandemic. But it is important to note that the vaccine is not a cure-all, and that we must continue to take precautions to prevent the spread of the virus.
Cheyenne and Arapaho Tribe: Governor Declares State of Emergency in Response to COVID-19 Pandemic

HOW It Began

Cheyenne and Arapaho Tribes distribute $3.9 million in direct COVID-19 assistance to tribal citizens

HOW It Unfolded

Family holds onto hope while mother fights for her life after being diagnosed with COVID-19
Major disaster emergency declaration will not have to pay a share-carry-out premium.

CDFS and Minority De-

positions: Provides $12 billion in targeted emer-
gency financial development initiatives (CDFS) and minority de-

positions (MIDs) to help bor-
gers who have been disproportionately impact-

ed by the pandemic.

Directs $3 billion in CDFS to

flx through the CDFI Fund, of which $1.2 billion will be tendered to minority lending

institutions.

Continues to support the CDFI Fund program for fiscal

2021 funding package reautho-

rized two critical Trib-

al and Native American programs and provided funding for the Pueblo of Laguna Health Grant Program.

Continues the Pueblo of Laguna Health Grant Program for fiscal year 2021.

Continues strong Tribal access to federal

resources, including in an Oc-

tober interview with Indian

Public Affairs Commission.

Continues to support the Pueblo of Laguna Health

Grant Program through FY2023.

Indian Health Service:

Provides $6.236 billion for the

Indian Health Service, a 3 percent increase above last year.

Continues to provide funding to Tribal health facili-

ties, with an emphasis on full-

ly qualified to lead

high-quality, culturally appropriate services.

Continues to support di-

gestion of IHS programs, and

continues to support IHS pro-

grams through FY2021.

Continues to support $3.397 billion for the Bureau of Indian Af-

fa and BIA, and a 5 percent

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Adolph Redcherries

Adolph Redcherries (Cheyenne name: Junee Hunka) was a 46 year old resident of Oklahoma back to the reservation where they resided in Lame Deer, Montana. His Southern Cheyenne side comes from Chief Bull coming Up.

Adolph attended school at Seiling, Oklahoma. On Aug. 27, 1970, Adolph was enlisted in the U.S. Army at Kingfisher, Oklahoma and was stationed at Fort Bliss, Texas. He was a member of the Cheyenne and Arapaho Tribes of Oklahoma.

Adolph was the son of Frank and Eleanor Redcherries, born to Frank Redcherries, brother Robert Redcherries, sister Rose Marie Redcherries, đaughter Redcherries, niece Shanay Redcherries, and many other relatives.

On Dec. 15, 2020, Adolph never had any children of his own. Adolph was known to say "Nobody needs the words of a dead man."

He left behind nieces and nephews and many great-grandchildren. He was predeceased in death by his parents Frank and Eleanor (Bullcoming) Redcherries.

A graveside service was held Dec. 12 at the Koncho Cemetery in Okeene, Oklahoma. His parents, Emily Redcherries and Victor Redcherries, managed a funeral service.

Mary Rednose

Mary Rednose worked for the Cheyenne and Arapaho Tribes of Oklahoma for many years where he retired from Wal-Mart in Kingfisher. Oklahoma. He attended Tall Middle School and Rice, earned Indian School. Jason was born in his hometown Oklahoma City. He worked as a Peope White Buffalo, grandson Woodrow White-...
New Year Resolutions
Tara Conway, MS, RD, LD, CDE
Lauren Crider, RD, LD, IBCLC
C&A Diabetes Wellness Program

With 2021 upon us and 2020 almost a memory, many of us are thinking about our New Year's resolutions and what we want to achieve this year. Many New Year's goals come and then are forgotten within weeks or months. Leaving us feeling like we failed yet another year at goal setting. Making small changes that can help us as big as ways we are a greater place and before you know it you'll be reflecting on all the excellent small changes you've made. Let us help you stick to those goals.

With 2021 and 2020 almost a memory, many of us are thinking about our New Year's resolutions and what we want to achieve this year. Many New Year's goals come and then are forgotten within weeks or months. Leaving us feeling like we failed yet another year at goal setting. Making small changes that can help us as big as ways we are a greater place and before you know it you'll be reflecting on all the excellent small changes you've made. Let us help you stick to those goals.

New Year Resolutions

**Health Benefits of Eating Plant-based Diet and How to Get More of These Benefits**

- **Breakfast:** Start your day with a plant-based breakfast. Options include oatmeal, smoothies, or tofu scramble.
- **Snacks:** Snacks can be a great way to add extra nutrients. Try options like nuts, fruits, or hummus with veggies.
- **Dinner:** Incorporate more plant-based proteins such as beans, lentils, and quinoa into your meals.
- **Desserts:** Choose plant-based dessert options like vegan ice cream or fruit with a drizzle of chocolate.

- **Dairy-free milk alternatives:** Replace dairy milk with plant-based milk options like almond, soy, or coconut milk.
- **Eating more whole grains:** Choose whole grain options like brown rice, quinoa, and whole wheat bread.
- **Legumes:** Incorporate beans, lentils, and chickpeas into your meals as a source of plant-based protein.
- **Fruits and vegetables:** Aim to eat at least five servings of fruits and vegetables daily.
- **Nuts and seeds:** Include nuts and seeds as a snack or in your meals for added healthy fats and protein.
- **Water:** Drink plenty of water throughout the day to stay hydrated.


**Aging in Place:**

- **Adaptations:** Make simple changes to your home to make it safer and more accessible for aging in place.
- **Regular checks:** Schedule regular health checks with your healthcare provider.
- **Preventative care:** Get regular check-ups and screenings to prevent health issues.
- **Stay active:** Exercise regularly to maintain your strength and flexibility.


**Staying Connected:**

- **Virtual visits:** Take advantage of virtual visits with loved ones to stay connected.
- **Stay in touch:** Call or message loved ones frequently to stay connected.
- **Online groups:** Join online groups for those with similar interests.
- **Local resources:** Utilize local resources such as senior centers and community programs.


**Financial Planning:**

- **Budgeting:** Create a budget to help you manage your finances.
- **Savings:** Set up a savings plan to build an emergency fund.
- **Debt:** Pay down debt to reduce interest payments and improve your credit score.
- **Investing:** Consider investing in stocks or real estate as a way to grow your wealth.


**Spiritual Practices:**

- **Meditation:** Practice meditation to reduce stress and improve your mental health.
- **Prayer:** Pray regularly to connect with a higher power.
- **Gratitude:** Keep a gratitude journal to focus on what you are thankful for.
- **Community services:** Volunteer with local organizations to give back to your community.


**Safety Measures:**

- **Smoke alarms:** Install smoke alarms in every room of your home.
- **Carbon monoxide detectors:** Install carbon monoxide detectors near bedrooms.
- **Fire extinguishers:** Install fire extinguishers in your home.
- ** gets fire escape plans:** Create a fire escape plan for your family.


**Exercise:**

- **Aerobic activity:** Aim for at least 150 minutes of aerobic activity per week.
- **Resistance training:** Incorporate resistance training into your exercise routine.
- **Flexibility:** Include flexibility exercises to improve your range of motion.
- **Balance training:** Practice balance exercises to improve your stability.


**Sleep:**

- **Adequate sleep:** Aim for 7-9 hours of sleep per night.
- **Healthy sleep habits:** Establish a bedtime routine to help you fall asleep.
- **Sleep environment:** Create a comfortable sleep environment.
- **Avoid stimulating activities:** Avoid stimulating activities before bedtime.


**Nutrition:**

- **Balanced meals:** Eat balanced meals with a variety of foods.
- **Portion control:** Monitor portion sizes to avoid overeating.
- **Water intake:** Drink plenty of water throughout the day.
- **Snacking:** Snack on healthy options like fruits, nuts, and vegetables.


**Reference:**

- **American Heart Association:**
- **American College of Sports Medicine:**
- **Sleep Foundation:**
- **National Sleep Foundation:**


**Resources:**

- **American Heart Association:**
- **American College of Sports Medicine:**
- **Sleep Foundation:**
- **National Sleep Foundation:**


**Conclusion:**

By incorporating these resolutions into your life, you can improve your health and well-being. Remember to stay positive and make time for your health goals. Together, let's make 2021 a year of positive change and growth.
Even with the promising news of an end to the spread of COVID-19 by vaccination, there remains a level of hesitancy and mistrust surrounding the vaccinations.

“It is understandable that many people have fears or concerns about the COVID vaccines that have been recently approved and these concerns may be the result of mis- and dis-information that has been promoted by many, including some in the highest offices of our federal government,” Derrell Cox, Ph.D. said. Dr. Cox is a member of the Cheyenne and Arapaho Tribes’ COVID Task Force.

“It is important to know that these vaccines went through all of the safety and efficacy trials that all new medications and vaccines are required to go through. They have also benefitted from more than 65,000 courageous and generous people all over the world who have stepped up to participate in the clinical trials,” Dr. Cox said.

Dr. Cox is personally excited for the release of both the Pfizer and Moderna vaccines and sees them as the path to returning to life before COVID-19.

“I believe in time, maybe six months or so, we will be able to begin returning to pre-COVID aspects of social and community life as a result of the vaccines. The latest polling among the general population indicates that around 70% of people are open to getting the vaccine, which is thought to be the minimum necessary for us to develop herd immunity,” Dr. Cox said.

One of the most common questions being asked healthcare providers as they vaccinate individuals is can I stop wearing masks and distancing? For right now, while the vaccine will protect you from getting severe COVID-19, it may not prevent you from getting milder symptoms of COVID-19 and making others sick to the point of death. Until most, 70%-80% of the U.S. population is vaccinated, it is recommended to continue to wear masks, avoid indoor gatherings, continue to social distance and wash/sanitize your hands.

Native Youth Community Project

Clinton Parent Drive Thru

This event was held at Clinton Middle School on Dec. 16. The families of 3rd graders through 8th graders were given a bag with goodies, a sack full of snacks, a stocking filled with candy as well as a box of pizza along with information provided by the NVCP school social worker. Due to the cold temperatures and previous inclement weather we were not anticipating a large turnout, however at the end of the night we had served 75 students.

Our program is thankful for the great and growing partnership with Clinton Public Schools. We are looking forward to hosting our next parent drive thru in the month of January, please keep an eye out for details.
The Facts about COVID-19 Vaccines
Your Questions, Answered

Do they work?
Yes! The COVID vaccination are among the most effective vaccines ever made and work well across age groups, race/ethnicity, sex, and among those at risk due to other health issues such as diabetes, heart or lung disease, high blood pressure, cancer, obesity, and others.

Are they safe?
Yes! Both vaccines are very safe and have been well-tolerated among those in the clinical trials and among our tribal members and IHS staff who have already been vaccinated.

Will I have any side effects?
While most people didn’t have any significant side effects, those that did experienced mild or moderate side effects. The most common, along with how often they occurred, are below. These lasted, on average, a day or less and are less frequent among older adults. Serious side effects have been extremely rare among hundreds of thousands who have received them. If you have concerns, discuss them with your health provider.

How do they work and what’s in them?
Both vaccines work by showing your body how certain parts of the COVID-19 virus are made, so your body can recognize it as an intruder and prepare your immune system to fight it.

How do they work?
Pretty Tired
Blanket-grabbing chills

Sugar - this preserves the mRNA during transport
Salt solution - these are similar to the natural salts in your body and help the body welcome the vaccine.
Messenger RNA (mRNA) - this gives your body instructions to make parts of the COVID-19 particle. With these instructions, your immune system can fight the real virus.
Fat molecules - these act as bubble wrap to protect the delicate mRNA.

Salt solution - these are similar to the natural salts in your body and help the body welcome the vaccine.

Will the vaccine give me COVID?
Neither vaccine contain any active parts of the virus, and can not give you COVID-19.

Who were the vaccines tested on?
More than 65,000 people completed clinical trials to date, with about 425 American Indians/Alaska Natives and 432 Native Hawaiians among them. The youngest were 16 and the oldest 95.

Race/Ethnicity

Can I stop wearing masks & distancing?
While the vaccine will protect you from getting severe COVID-19, it may not prevent you from getting milder COVID-19 and making others sick. Until most (70-80%) of the US population is vaccinated, we must all, vaccinated or not, continue avoiding indoor gatherings and practicing the 3 Ws: Wear a Mask; Wash Your Hands; Watch Your Distance.

Research is continuing and we will let you know as we learn more.

Sex

Do I need both doses?
Yes! While partial immunity develops after the first dose, both doses are needed. (Pfizer-BioNTech) or 28 (Moderna) days later to experience the fullest and longest lasting immunity provided by the vaccine.

How long will it last? What about variants?
We do not yet know how long immunity from the vaccines will last, but early research shows that immunity will last at least a couple of years. Most experts believe that these vaccines will work against variants that have shown up, but more testing needs to be done.

How long will it last?

When can I get my vaccine?
For Tribal members, the IHS will contact you when you are eligible for the vaccine, based on guidance from the CDC.

Clinton IHS Service Unit has begun vaccinations:
- Phase 1a (health workers, ILC residents) - Completed
- Phase 1b (elders (75+), frontline essential workers) - In process
- Phase 1c (elders (65+), high-risk adults, essential workers) - Mid-January
- Phase 2 (all other persons 16+) - When available

We will keep you informed as more specific information and dates are available.