



Vaccination information  
for Natives by Natives

# Vaccine Series and Booster Shots

## When One is Not Enough



Being up to date on your vaccines is important for preventing certain illnesses. But did you know that some vaccines require more than one shot?

This handout is designed to help you understand the ins and outs of vaccines that require more than one shot so you can protect yourself, your family, and your community.



“ My mom made vaccination the norm. She was a health advocate and believed in promoting wellness. I followed in her footsteps. Today my kids and grandkids are all 100% vaccinated. Please get your vaccines to protect your family and community. ”

- Keri Lopez, California Hoopa Tribal Elder

## How Vaccines Work

Within our bodies, each of us has warrior cells that stand guard and attack diseases. Vaccines help our warrior cells see and fight disease.

In some cases, we need more than one shot so our warrior cells can fully protect us from illness.

## Vaccine Series

Sometimes we need multiple shots against a disease *within a certain timeframe* to be more fully protected. This is called a vaccine series.

Examples of vaccine series include:

- Shingles
- HPV
- Hepatitis A and B
- Meningitis

Each shot in a vaccine series:

- Provides a piece of information your warrior cells need to defend you
- Helps your body recruit more warrior cells

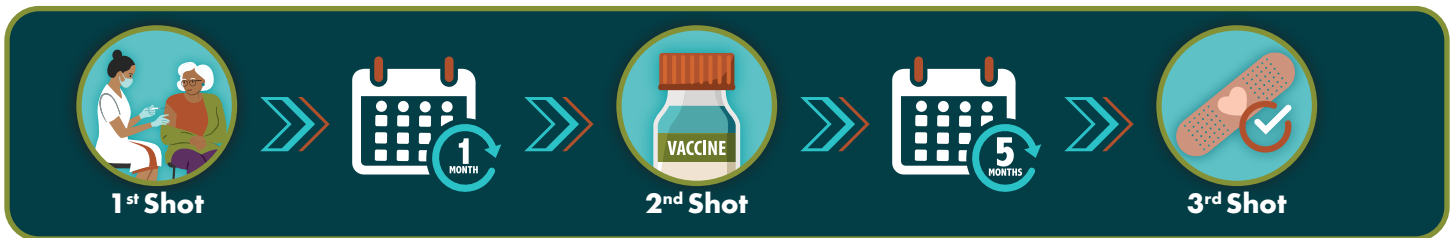
Once the series is complete, you will have more warrior cells that can more fully protect you from disease.



“ Think of each vaccine in a vaccine series as being just one part. The number of shots you need to be protected can depend on your age and other factors. To be fully protected, work with your healthcare team to schedule every shot you need. ”

– Dr. Kali Dale, PhD, White Earth Ojibwe, Researcher

For example, hepatitis B is a virus that can cause liver disease. The hepatitis B vaccine schedule for children and adults includes three vaccines to complete the series. You get the first shot. Then, 1 month later, you get a second shot. Finally, 5 months later, you get a third shot. After completing the hepatitis B series, your warrior cells are prepared to identify and fight hepatitis B.



## Booster Shots

Over time diseases can change. Booster shots carry the latest instructions for fighting the most current version (or versions) of a disease.

Examples of booster shots include:

- Pneumonia
- Tetanus
- COVID-19

New booster shots are created when a disease changes so much that it's hard for your warrior cells to recognize it. Booster shots provide your warriors cells with the most up-to-date information so they can see and fight the latest version(s) of a disease.

## Where to Get Vaccinated

To get vaccinated contact your local Tribal clinic, IHS facility, or visit a local pharmacy or clinic.

## VacciNative

This handout was developed by VacciNative – a project dedicated to creating accurate vaccine information for Native people by Native people. We do this by gathering info from trusted Elders, Native health professionals, and other experts.

All of our materials are reviewed by the VacciNative Alliance, a collaboration of staff from Tribal Epidemiology Centers across the nation.

## Additional Information

For additional information, check out [www.IndianCountryECHO.org/VacciNative](http://www.IndianCountryECHO.org/VacciNative). For questions, contact us at [VacciNative@npaih.org](mailto:VacciNative@npaih.org).

“ Booster shots are safe. They protect against serious illness. I recommend getting booster shots to protect yourself, your family and community, especially our Elders. I know I will be getting any boosters needed. ”



– Dr. Allison Empey, MD, Confederated Tribes of Grand Ronde

