



# Vaccinative Educational Flip Chart

Accurate Vaccine Information for Native people  
by Native people

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# Vaccines help us protect ourselves and others

When we are vaccinated, it is less likely that we will get sick and make others sick.





# Vaccine Basics

## Vaccines help us protect ourselves and others

Vaccines protect us from diseases like the flu and measles. Some vaccines even prevent cancer.

When we are vaccinated against a particular disease, it is less likely that we will get sick with that disease. It is also less likely that we will make others sick.

Staying up-to-date on our vaccinations is one way we can protect ourselves and others, including our most vulnerable, like Elders and newborn babies.



**Ask:** *What questions do you have about vaccines?*

# How vaccines work

Our warrior cells stand guard and attack diseases.  
Vaccines help our warrior cells see and fight disease.



## How vaccines work

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

For example, when we get the flu shot, the ingredients in the shot tell our warrior cells how to recognize and fight the flu. That is why you are less likely to get sick with the flu if you get a flu shot. Getting vaccinated can also reduce the seriousness of illness if you get sick.



**Ask:** *What questions do you have about how vaccines work?*

# Common vaccine side effects

- Soreness
- Redness
- Swelling at site

Most side effects are mild and go away within a few days.





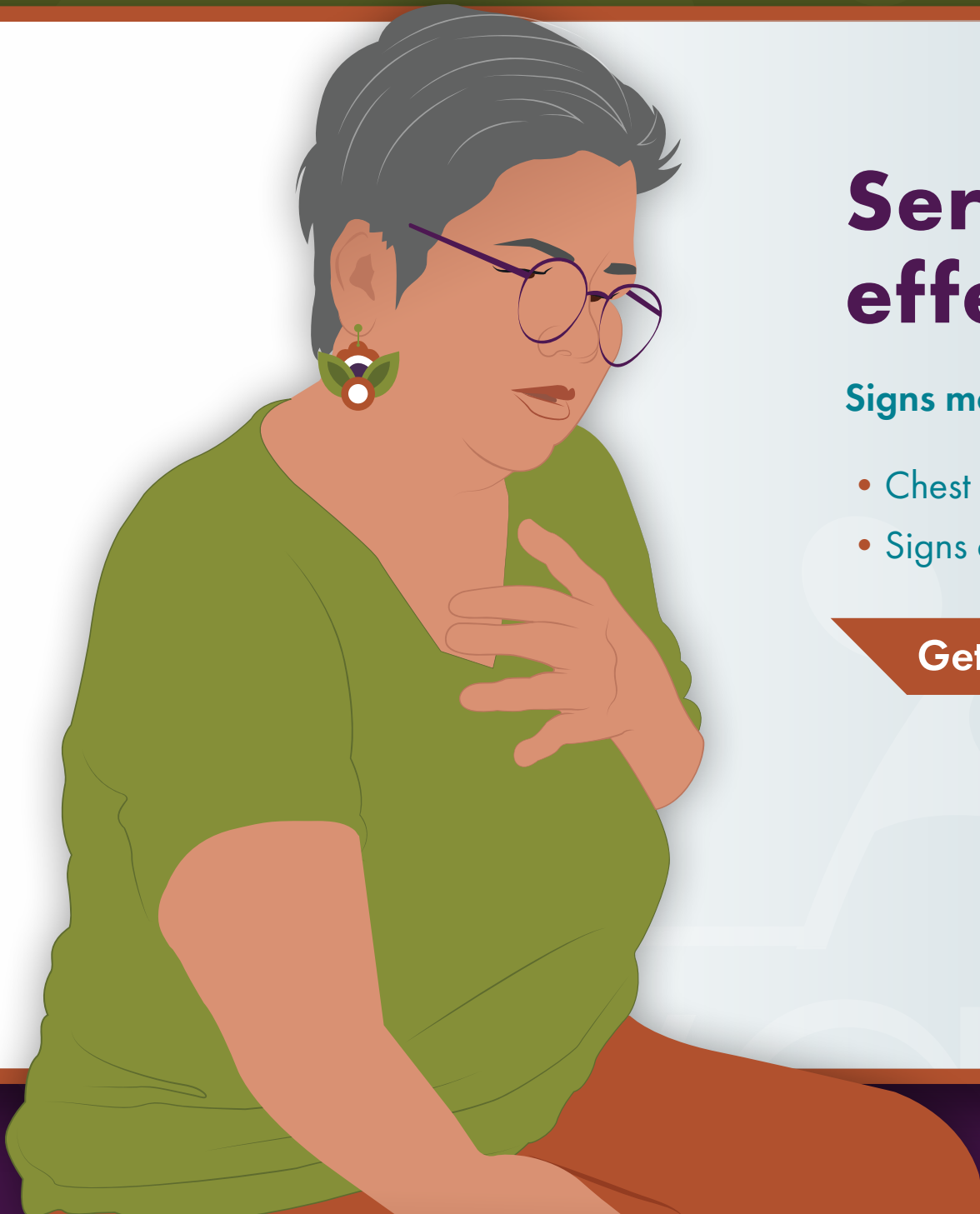
# Common vaccine side effects

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You may experience side effects from vaccines. Some common side effects include:

- Soreness, redness, or swelling where you got the shot
- Headache
- Fever
- Muscle aches

Most side effects are mild and go away within a few days. Mild side effects are a sign that your warrior cells are preparing to recognize and fight the disease.



## Serious side effects are rare

Signs may include:

- Chest pain
- Trouble breathing
- Signs of an allergic reaction

**Get medical help immediately!**

## Rare vaccine side effects

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Serious vaccine side effects are very rare. But if you experience trouble breathing, chest pain, or signs of an allergic reaction, you should get medical help immediately.

**Benefits outweigh  
the risks**



# Vaccine benefits outweigh the risks

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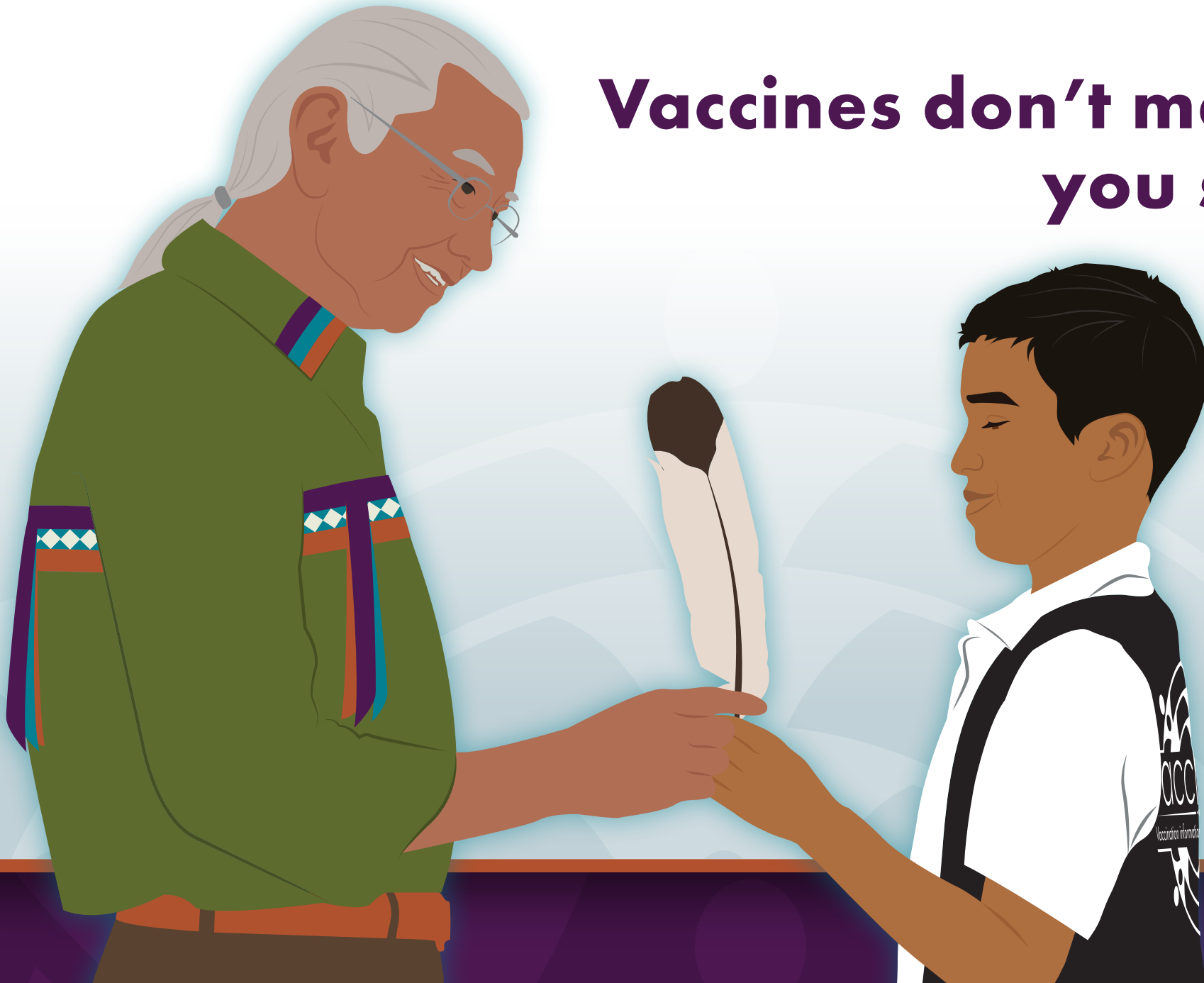
Everything we do in life has some risk. However, for most of us, the benefits of being vaccinated are much greater than the risks involved.

Benefits of getting vaccinated include:

- Protecting your Elders
- Protecting newborns
- Protecting other people who can't get vaccinated
- Reducing the chance that you will get sick
- Reducing the seriousness of illness if you happen to get sick
- Providing peace of mind

Vaccination is one of the best ways to stay healthy. When you're healthy, you don't have to worry about missing school, work, or other fun events.

**Vaccines don't make  
you sick**



# Vaccines don't make you sick

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Sometimes people make the mistake of thinking that having mild vaccine side effects means that they are “getting sick with the disease.”

This is not true. Vaccines do not make you sick with the disease you are getting vaccinated against.

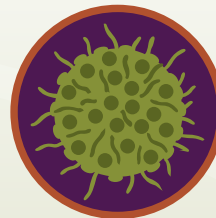
Vaccines may cause mild side effects, like mild aches and fever. This does not mean you are getting sick with the illness. Mild side effects are a good sign your warrior cells are preparing to recognize and fight the disease.



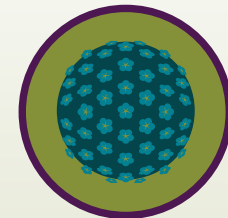
# Vaccine series

When you need multiple shots against a disease within a certain time frame to be fully protected.

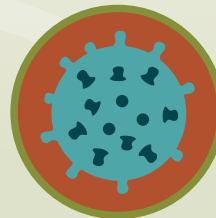
Examples of vaccine series include:



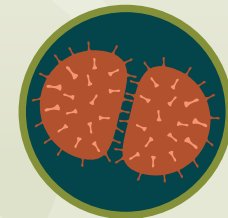
Shingles



HPV



HEP A & B



Meningitis



# Vaccine series

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Sometimes we need multiple shots against a disease *within a certain time frame* to be more fully protected. This is known as a vaccine series.

Examples of vaccine series include:

- Shingles
- HPV
- Hepatitis A and B
- Meningitis

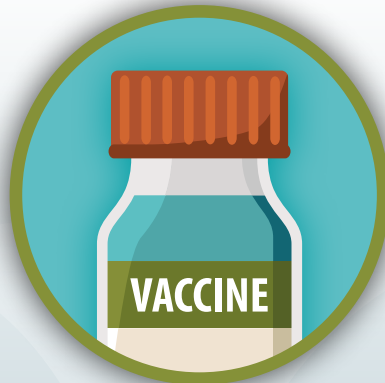


**Ask:** *Did you know that some vaccines require more than one shot?*

# How vaccine series work



**1<sup>st</sup> Shot**



**2<sup>nd</sup> Shot**



**3<sup>rd</sup> Shot**

Ready to more fully protect you!

# How vaccine series work

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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.

When you receive a vaccine, make sure to ask if it's a part of a vaccine series. If it is, learn when you need to come in for your next shot or shots.

# Hepatitis B vaccine series

Shot 1  Shot 2  
1 month  Final Shot  
5 months

Full protection from hepatitis B



## Hepatitis B vaccine series

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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

Carry the latest instructions for fighting the most current version (or versions) of a disease.

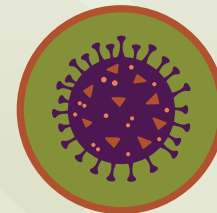
Examples of booster shots include:



Pneumonia



Tetanus



COVID-19

## Booster shots

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Over time diseases can change. This can make it hard for your warrior cells to recognize them. 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

# Vaccine ingredients

Vaccines contain natural ingredients, like sugars and proteins.



## Sugar

Sugar is found in fruits and vegetables.



## Proteins

Protein can be plant and animal-based.







# Vaccine Ingredients

## Vaccine ingredients

Vaccines contain natural ingredients common in the foods we eat, including sugars and proteins.

These ingredients teach your body how to protect itself by calling upon its normal defense systems. For example, some vaccine ingredients make your warrior cells stronger and better able to respond to an attack.



**Ask:** *What questions do you have about vaccine ingredients?*

# Vaccines are part of a holistic lifestyle

Ceremonies, traditional medicines, supplements, and vaccines can help us improve our health.



# Vaccines are part of a holistic lifestyle

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We have many ways to optimize our health and improve our lives. We can use ceremonies and traditional medicines, combined with natural supplements and vaccines. Together, these can help us improve our overall health.



# Vaccine testing

Is the vaccine safe?

How does the body react to it?

Each vaccine goes through safety testing.



# Vaccine Safety

## Vaccine testing

Each vaccine goes through many rounds of safety tests, which may take years and thousands of volunteers. During vaccine testing, important questions are considered, like “Is the vaccine safe?” and “How does the body react to it?”



**Ask:** *What questions do you have about vaccine safety?*

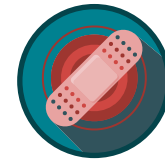
# Possible vaccine side effects



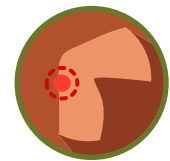
Headache



Fever



Soreness,  
redness, or  
swelling at site



Muscle  
aches

**Most side effects are mild and go away within a few days.**

**If side effects are serious, the vaccine will not be approved.**

## Possible vaccine side effects

Vaccine testing also helps us learn about possible side effects. Most vaccines have mild side effects, including:

- Soreness, redness, or swelling where you got the shot
- Headache
- Fever
- Muscle aches

Most side effects are mild and go away within a few days. Mild side effects are a sign that your warrior cells are preparing to recognize and fight the disease.

If side effects from the vaccine are found to be serious during testing, the vaccine will not be approved.



**Ask:** *Do you have any questions about vaccine side effects?*



# Vaccine approval

Many teams of doctors and experts review testing info.

They recommend whether a vaccine is safe for public use.



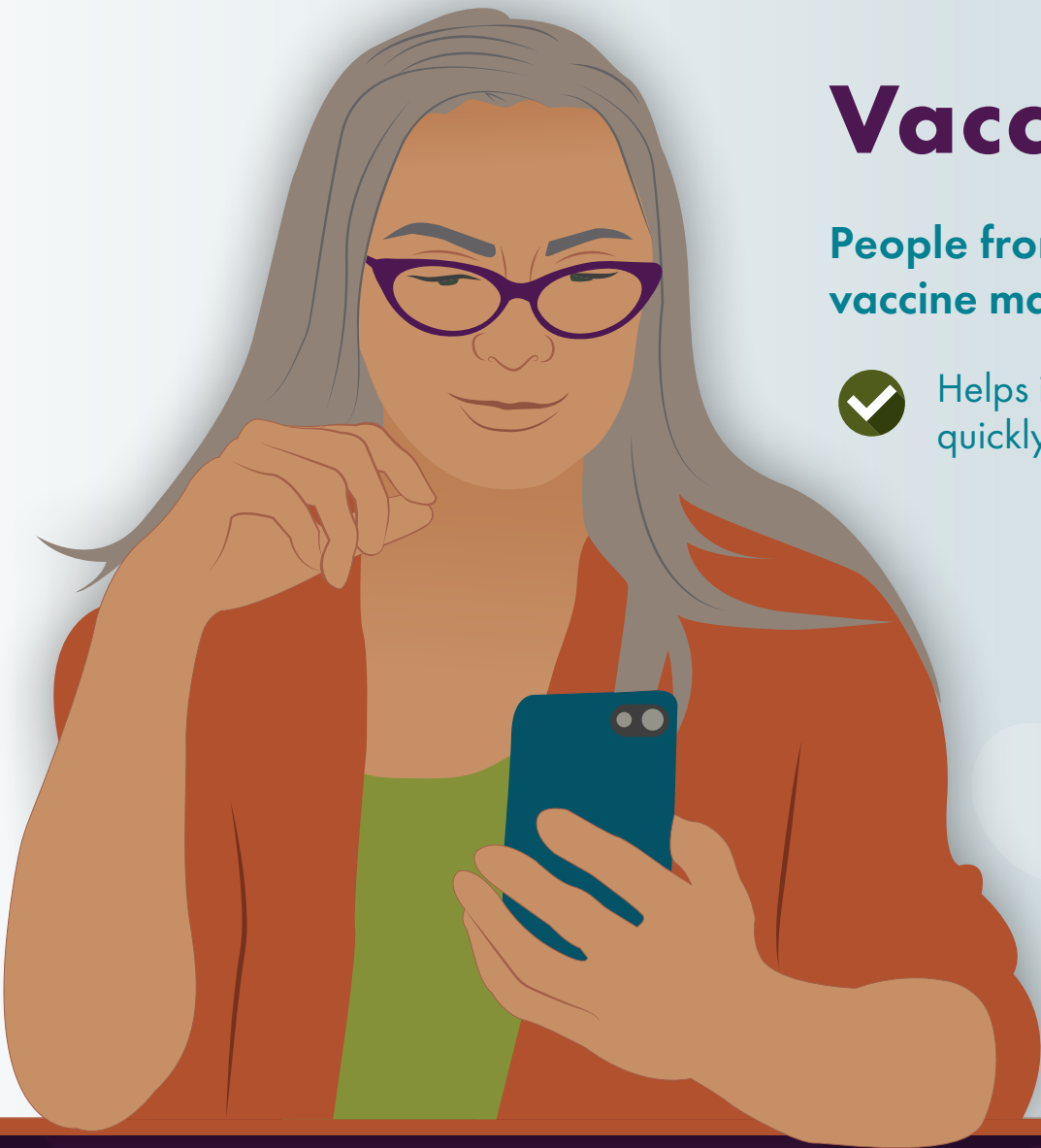
# Vaccine approval

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Many teams of doctors and vaccine experts review all of the available information gathered during testing. After doing this, they recommend whether or not a particular vaccine should be approved for public use.

Vaccines are only approved for public use after they go through thousands of hours of testing and are found to be safe and effective by doctors and experts. Any common side effects must be mild.

After approval some vaccines may have *rare* but potentially serious side effects. That is why we continue to monitor vaccines even after they are approved.



# Vaccine monitoring

People from different backgrounds share how vaccine made them feel.



Helps identify risks quickly



Helps ensure vaccines are safe for everyone

## Vaccine monitoring

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After a vaccine is approved, everyday people who got the vaccine can share how it made them feel.

Continued monitoring helps assure any unforeseen risks are quickly identified. Because the process involves people from different backgrounds, this process helps ensure that vaccines are safe for everyone.



**Ask:** *What questions do you have about what we've discussed so far?*

# If you experience anything beyond common side effects

Seek medical attention

To report vaccine side effects:  
[www.VAERS.hhs.gov](http://www.VAERS.hhs.gov)



## If you experience anything beyond common side effects

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Serious side effects from vaccines are very rare. However, if you experience anything beyond common side effects, please seek medical attention. When you do, make sure that the health provider reports your experience to the Vaccine Adverse Event Reporting System (VAERS).

If you are uncertain whether your experience was reported, you can file a report at [www.VAERS.hhs.gov](http://www.VAERS.hhs.gov).



# Vaccine fears are common

Some of us have fears about vaccines. These are normal.

It's ok to ask questions.



# Overcoming Vaccination Fears

## Vaccination fears are common

Getting vaccinated protects you and your community from many serious illnesses. However, some of us have fears about vaccines. These fears are normal, and it's okay to ask questions.



**Ask:** *Do you have any fears or concerns that are stopping you from getting vaccinated? If so, what are they?*

# Overcoming fears about safety

## Learn the facts



Each vaccine goes through several rounds of testing



Approved after proven to be safe and effective



People share how vaccine made them feel

**This helps ensure vaccines are safe for everyone.**





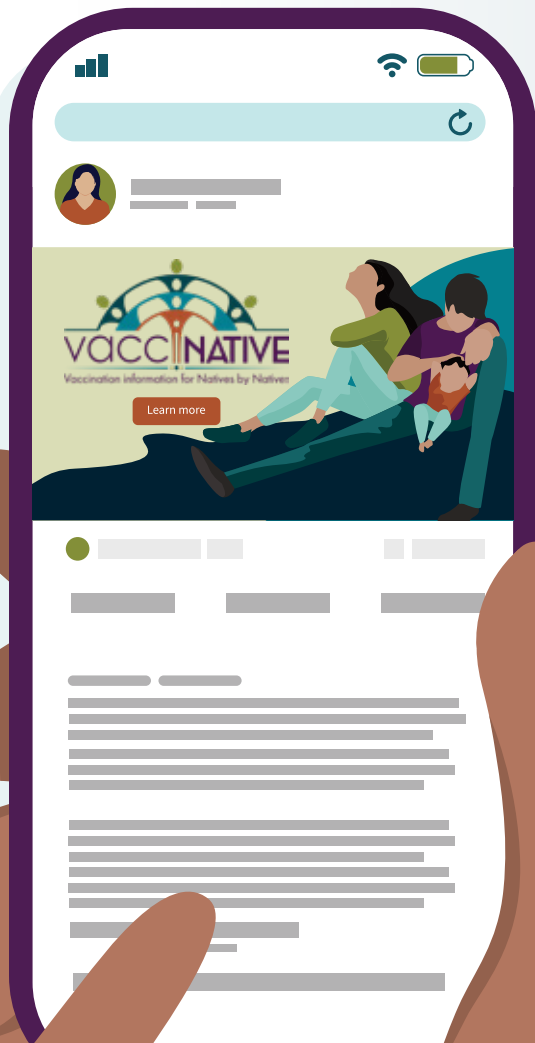
# Overcoming fears about safety

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If you have fears about vaccine safety, there are many things you can do to overcome these fears. You can:

## **Learn the facts**

Each vaccine goes through several rounds of testing, which may take years and includes thousands of volunteers. Vaccines are approved for public use only after they are shown to be safe and effective. Once a vaccine is approved, everyday people who got the vaccine can share how it made them feel. This testing and continued monitoring ensure that vaccines are safe for everyone.



# Overcoming fears about safety

Be mindful of what you read online

The best sources of vaccine info are:

- ✓ Current
- ✓ Updated regularly
- ✓ Reviewed by medical professionals
- ✓ Based on scientific research

If you are unsure, ask a trusted health professional.

# Be mindful of what you read online

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The best sources of vaccine information are:

- Current
- Updated regularly
- Reviewed by medical professionals
- Based on scientific research

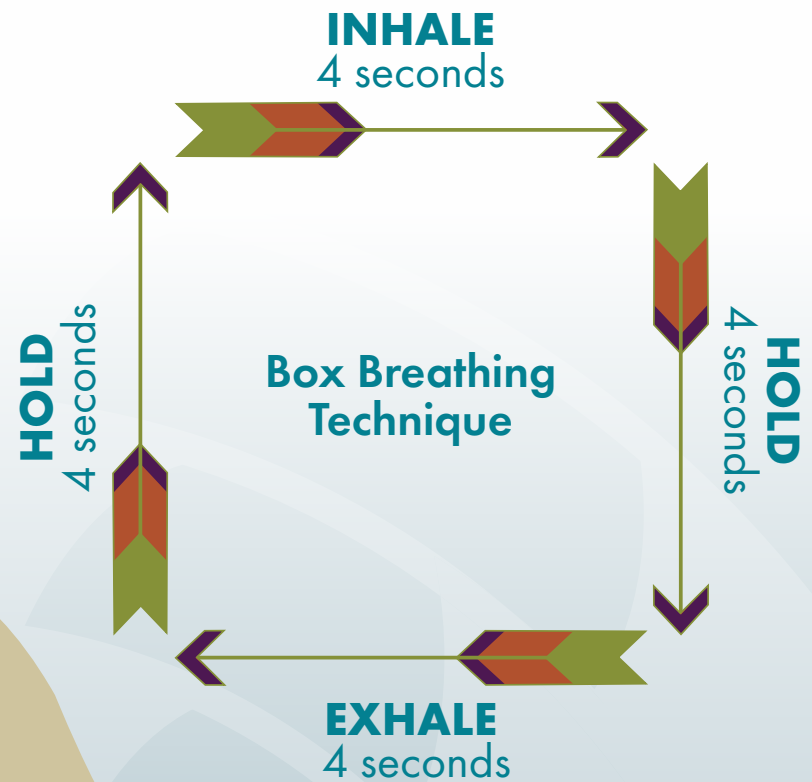
It's also important that:

- The authors are listed (along with their credentials)
- Authors say where their information comes from

Too often, the vaccine-related stories that become popular on social media spread false information. If you read or hear something you're unsure about regarding vaccines, ask a trusted health professional.

# Overcoming a fear of needles

Breathing exercises can relax your mind and body.



Repeat until you feel calm

# Overcoming a fear of needles

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Some people have a fear of needles. Fortunately, there are many things you can do to help. You can:

## **Do breathing exercises**

Focusing on your breathing can help relax your mind and body.

Try box breathing, where you breathe in deeply through your nose while counting to four. Then hold your breath while counting to four. Then, slowly exhale for four seconds. Finally, hold your breath for four seconds. Repeat until you feel calm.

# Overcoming a fear of needles

## Engage your senses



List 5 things  
you see



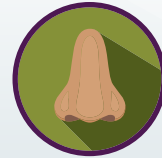
4 sounds  
you hear



3 things  
things your  
fingers feel



2 things  
you taste



1 thing  
you smell

Tuning into your senses turns  
down your fear response and  
keeps you grounded.



# Engage your senses

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Use your senses to engage with your surroundings.

For example, list:

- 5 things you see in the room
- 4 sounds you hear
- 3 things your fingers feel
- 2 things you taste
- 1 thing you smell

Tuning into your senses can help turn down your fear response and keep you grounded.

# Overcoming a fear of needles

## Buzzy Bee

Vibration distracts your brain

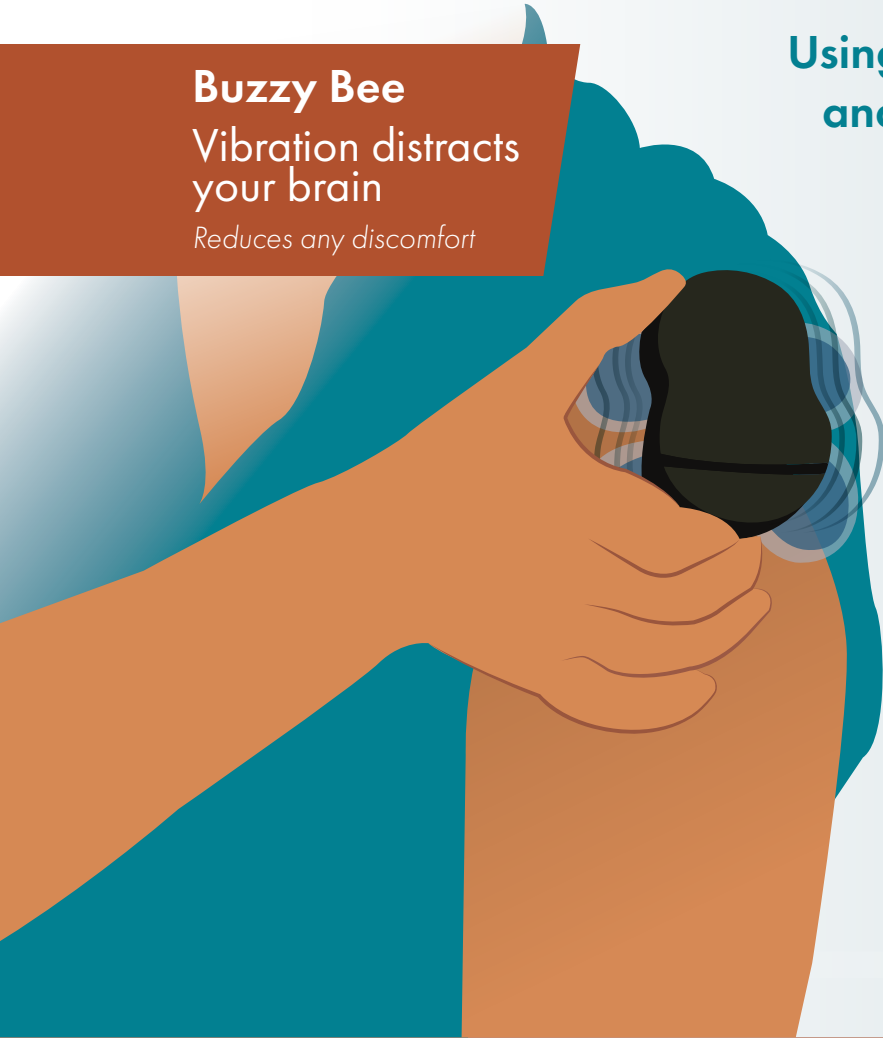
*Reduces any discomfort*

Using numbing techniques and distraction devices

## ShotBlocker

Nubs distract your brain

*Reduces any discomfort*





## Use numbing techniques and distraction devices

You can use numbing techniques to help with potential discomfort. For example, your clinic might be able to provide an ice pack or an over-the-counter lidocaine cream to numb your arm. If using a cream, apply it at least 30 minutes before the vaccination.

You can also use different distraction tools, like the Buzzy Bee or the ShotBlocker. These distraction tools can be useful for both children and adults.

The Buzzy Bee is a small, vibrating device that you press on your skin. The vibration distracts your brain and reduces any discomfort.

The ShotBlocker is a small U-shaped device with small nubs on one side. When you place it on your skin (nubs-side down), it distracts your brain. Like the Buzzy Bee, this helps reduce any discomfort.



### **Ask:**

*What questions do you have about what we've discussed so far?*

*Are there any other things you'd like to discuss?*

# The flu is dangerous

Several generations ago, many died.



Today, we have vaccines!



# Flu Vaccine

## The flu is dangerous

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Several generations ago, many died from the flu. Today the flu is still deadly. However, we have vaccines that can help protect ourselves and others.



**Ask:** *What questions do you have about the flu vaccine?*

# Common flu symptoms



Fever



Runny nose



Chills



Headaches



Cough



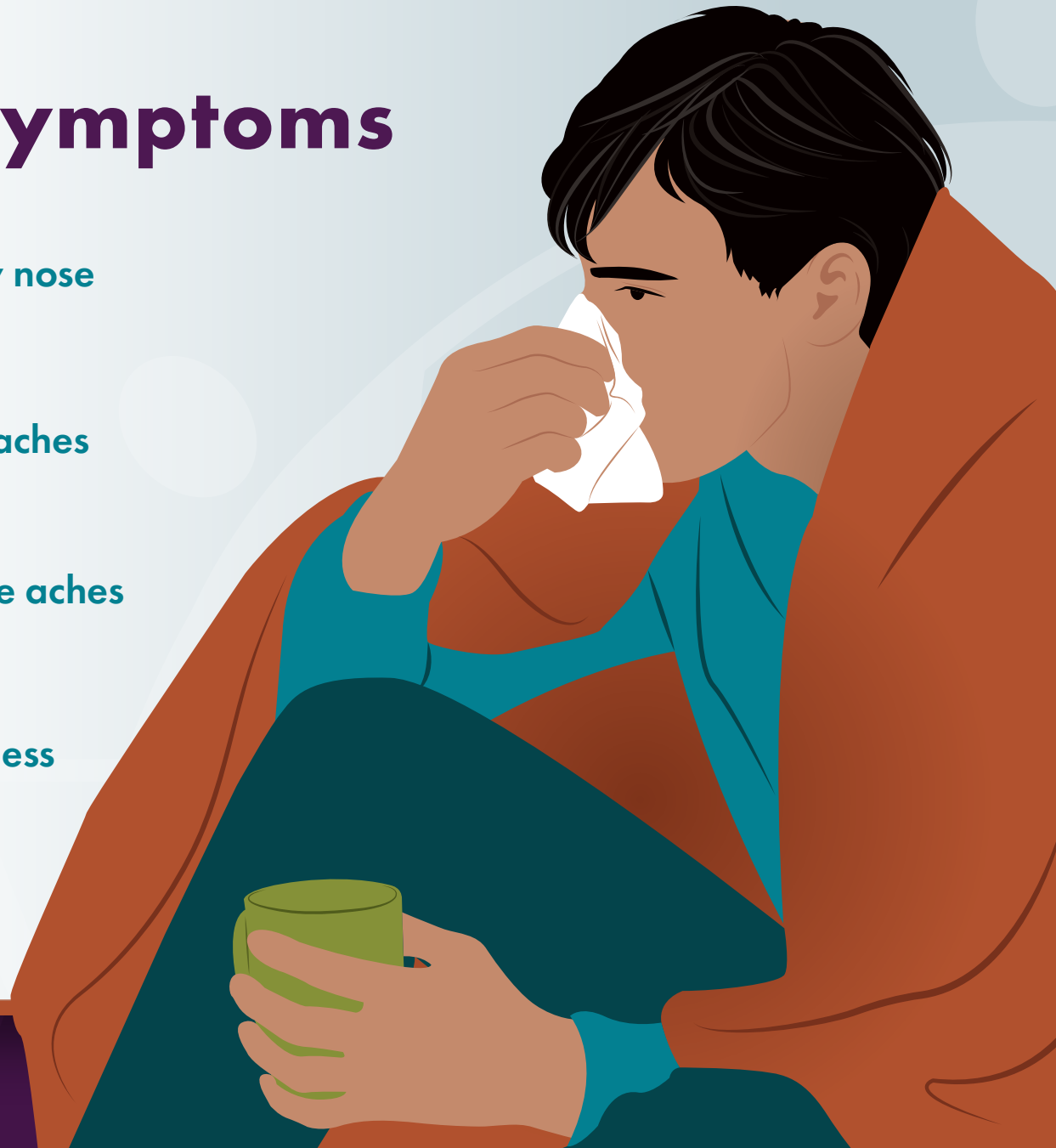
Muscle aches



Sore throat



Tiredness



# Common flu symptoms

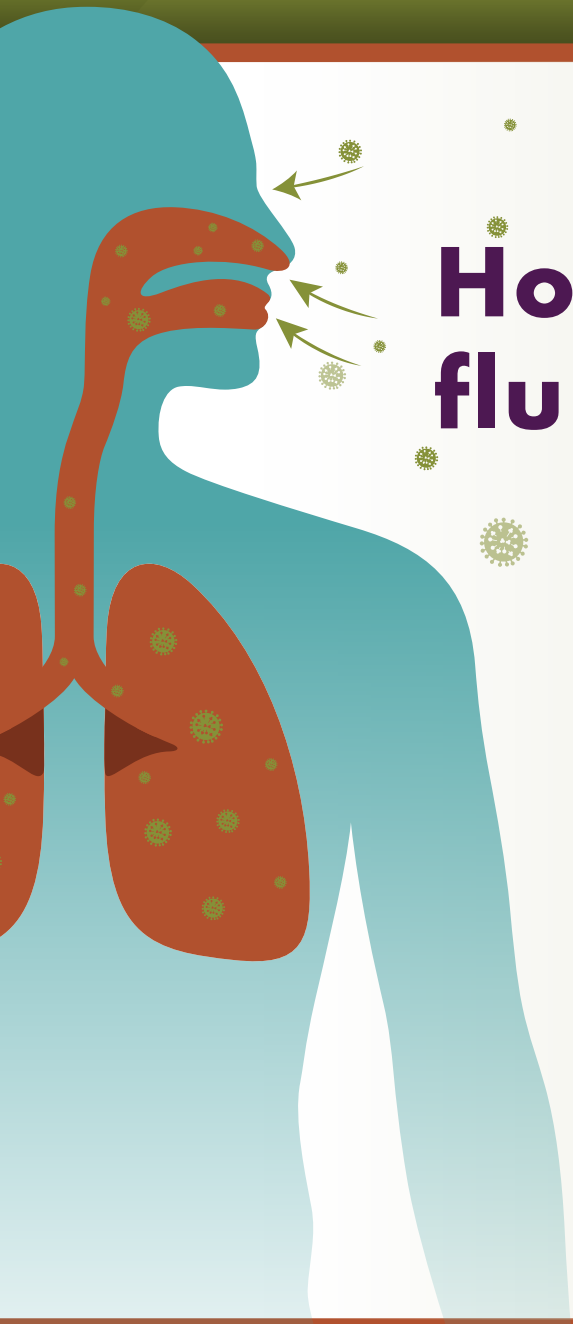
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The flu is an illness that attacks your whole body and causes some or all of these:

- Fever
- Chills
- Cough
- Sore throat
- Runny nose
- Headaches
- Muscle aches
- Tiredness

The flu can also result in hospitalization and death, especially for those most vulnerable, like people with certain medical conditions and Elders.

# How the flu spreads



## How the flu spreads

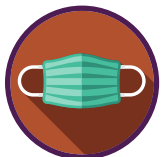
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The flu is spread through tiny droplets in the air. When you breathe in these droplets, you may get sick. The flu also spreads when you touch a surface with droplets on it, then touch your eyes, nose, or mouth.

# How to protect yourself



Get vaccinated



Wear a mask



Wash your hands



Avoid touching your eyes, nose, and mouth





## How to protect yourself

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To protect yourself, you should wash your hands regularly, avoid touching your eyes, nose, and mouth, and get vaccinated. Wearing a mask in public spaces protects you and others from getting sick.



## How the shot works

Our warrior cells stand guard and attack diseases. Vaccines help our warrior cells see and fight disease.

- ✓ Less likely you will get sick
- ✓ Reduce seriousness if you get sick

## How the shot works

---

Within our bodies, each of us has warrior cells that stand guard and attack diseases. When we get the flu shot, the ingredients in the shot tell our warrior cells how to recognize and fight the flu. That is why if you get a flu shot, you are less likely to get sick with the flu. It can also reduce the seriousness of illness if you happen to get sick.

In order to protect our communities, it is important that everyone aged 6 months and above get the flu shot. This helps make it less likely that healthy people spread the flu to those that are more vulnerable.

# Common symptoms of vaccines



Soreness, redness, or swelling where you got the shot



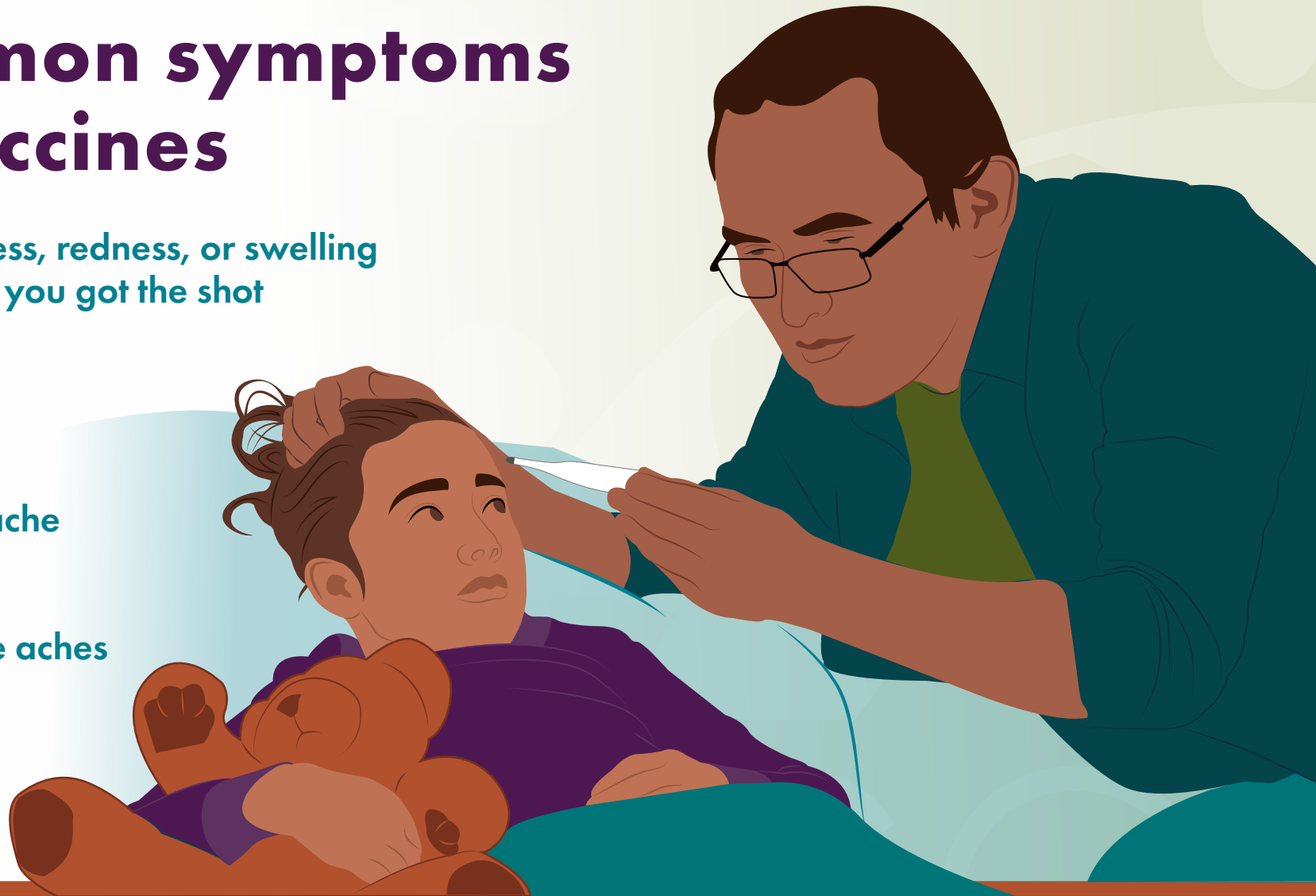
Fever



Headache



Muscle aches



## Shot side effects

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You may experience side effects from the flu shot. Most side effects are mild and go away within a few days. Mild side effects are a good sign that your warrior cells are preparing to recognize and fight the disease. Side effects are not a sign of illness.

Common side effects from the flu shot include:

- Soreness, redness, or swelling where you got the shot
- Fever
- Headache
- Muscle aches



# Flu is a trickster

About once a year, the flu changes how it looks.

That's why we need flu shots every year!

## Flu is a trickster

---

The flu is sneaky. About once a year, the flu changes how it looks to try to fool your body. That's why we need flu shots each year – so our bodies can stay up to date on how to recognize and fight the flu.

It's also important to get a flu shot every year, because our warrior cells' ability to fight flu decreases over time.



**Ask:** *Are you interested in getting a flu shot today?*



# Conversational Tips

As a health provider, you have the ability to help your patients understand the value of vaccines. To increase the likelihood that patients get needed vaccines, make sure to:

- Show them empathy and understanding.
- Listen when a patient relays inaccurate information and then respond with facts.
- Personalize your responses.

When it comes to showing empathy and understanding, simply affirming your patients' personal experiences and concerns goes a long way. To do so, try using phrases like:

- "I can understand your concern..."
- "It's understandable that you see things that way based on your experience..."

Personalizing your responses lets patients know that you are not asking something of them that you would not do yourself. To personalize your conversations around vaccination, try using phrases like:

- "On a personal level, I am confident in vaccine safety..."
- "My family and I make sure to keep up on our vaccines..."
- "I get a lot of comfort knowing that this vaccine has been administered for decades now..."





# Responding to Common Questions

The responses below are designed to help you effectively respond to inaccurate information about vaccines with the facts. Remember to show empathy and understanding and to personalize your responses.

## Do vaccines make you sick?

- Vaccines do not make you sick.
- Vaccines may cause mild side effects, like mild aches and fever. This does not mean you are getting sick with the illness. Mild side effects are a good sign your warrior cells are preparing to recognize and fight the disease.

## Do vaccines contain microchips that track us?

- With all of the untrue information that is spread online, it's understandable why you're concerned with this. However, vaccines do not contain microchips.

- A microchip can't fit into a vaccine.
- Vaccines are developed to train your warrior cells to identify and fight disease. After they do this, all of the vaccine ingredients leave your body.

## Do vaccines contain "live" virus?

- Some vaccines do contain live viruses, but these viruses have been altered so they do not cause the disease they are trying to prevent.
- People who have a weakened immune system should not receive live-virus vaccines.

- Household members living with people with who have a weakened immune system should talk to their doctor before receiving any live-virus vaccine to make sure it is safe.
- Most vaccines contain small pieces of a virus or bacteria that cannot cause the disease and can't make new copies to spread to others, the way whole viruses do.
- These vaccines provide your warrior cells with just enough information so they can identify and fight the disease in the future.

### **Isn't it better to develop natural immunity to a disease?**

- Vaccines build stronger immunity than a natural infection does.
- Vaccines teach your body how to identify and fight disease naturally without having to fully experience the disease or risk the dangers from getting the disease naturally.

### **Do vaccines weaken your immune system?**

- Vaccines strengthen our warrior cells by helping them see and fight disease.
- This makes our body stronger and better able to fight disease.

### **Is it safe to trust vaccine creators?**

- It's understandable that you may feel hesitant to trust vaccine creators, but there are many checks put in place to ensure that vaccines are safe.
- Before a vaccine is approved for public use, thousands of people volunteer to test the vaccine – including Native people.
- During vaccine testing, important questions are considered, like "Is the vaccine safe?" and "How does the body react to it?"
- If the vaccine is shown to be safe and effective during testing, an independent body of researchers and scientists decide whether or not to approve it.

- Once a vaccine is approved, everyday people who got the vaccine can share how it made them feel.
- This process helps ensure that vaccines are safe for everyone.

### **Aren't vaccines just money-makers for big pharma?**

- Pharmaceutical companies actually make *more* money selling drugs to treat diseases than they do selling vaccines to prevent them.
- Regardless, getting vaccinated makes it less likely that you will get sick with the disease you are being vaccinated against. It also makes it less likely you will become seriously ill if you do happen to get sick.
- Getting vaccinated is a good investment. When we're vaccinated, it makes it less likely we spend time away from work, school, and family.

### **Do vaccines cause autism?**

- Despite rumors in the media, vaccines do not cause autism or other developmental disorders.
- There is no evidence linking vaccines to autism. Researchers have investigated and found no link.
- As a provider, I would not recommend vaccination if I thought it would harm you or any other patients.

### **Do vaccines cause infertility?**

- Vaccines do not cause infertility.
- There is no evidence that vaccines interact with our reproductive organs, so they cannot make changes to them.
- Vaccines help the warrior cells in our immune system identify and fight disease. They do not interfere with our ability to reproduce.

### **Can a vaccine change my DNA?**

- Vaccines do not interact with your DNA in any way, so they cannot change it.
- Vaccines deliver instructions to the warrior cells in your immune system to help them identify and fight disease.

### **Should I get a vaccine if I am healthy?**

- Healthy people need to get vaccines.
- Vaccines protect you from getting seriously ill with a disease. Even healthy people can get seriously ill from a disease.
- When you are vaccinated, you are also protecting those around you.

### **Are vaccines toxic?**

- Vaccines are not toxic.
- They contain natural ingredients common in the foods we eat, including sugars and proteins.
- After a vaccine helps prepare your body to identify and fight a certain disease, it leaves your body.

### **Why do you get sick with an illness, even after you get the vaccine?**

- No vaccine is 100% effective at preventing illness. Vaccines make it *less likely* that you will get sick. And if you happen to get sick, they make it less likely that you will experience serious illness.



# VacciNative

This clinical tool 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.

*Thanks to those who helped create this tool.*

## Additional information

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For additional info, check out  
[www.IndianCountryECHO.org/VacciNative](http://www.IndianCountryECHO.org/VacciNative).

For questions, contact us at [VacciNative@npaihb.org](mailto:VacciNative@npaihb.org).





# Native-specific Provider Resources

## VacciNative Website

[www.IndianCountryECHO.org/  
VacciNative](http://www.IndianCountryECHO.org/VacciNative)

## Native Boost

[www.npaihb.org/native-boost](http://www.npaihb.org/native-boost)

## Indian Country ECHO – COVID-19 Provider Resources

[www.IndianCountryECHO.org/  
resources/?\\_sfm\\_resources\\_program\\_  
relation=1454](http://www.IndianCountryECHO.org/resources/?_sfm_resources_program_relation=1454)

## Indian Health Service

[www.ihs.gov/vaccine](http://www.ihs.gov/vaccine)

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