



Vaccination information
for Natives by Natives

Indigiqueer Every Day Self-Care



Queer Indigenous people have always been important in our communities, and our good medicine is critical to the future of all our Peoples. To ensure that we thrive and have the joyful energy to embody our traditional ways of knowing, it's important that we care for ourselves. Part of this includes tending to our physical selves and staying up to date on our vaccines.



“ I want all people to use their power to protect themselves and others. Get vaccinated if you are able. Doing so allows everyone to be healthier, including the small handful of people who can't get vaccinated. In a traditional sense, we are all responsible for taking care of each other by getting vaccinated. ”

- Itai Jeffries (they/them) is an Occaneechi/yèsah Two Spirit researcher, educator, consultant, and Project Director for the Paths (Re)Membered Project at the Northwest Portland Area Indian Health Board

Living in Balance

In many of our communities, practicing wellness means working to maintain balance between our mental, emotional, physical, and spiritual health. It also means working to maintain the health of our relationships, including our relationship with ourselves.

Self-Care is Vital

As Indigiqueer people, it's important to do every day self-care that honors our unique and sacred gifts.

Every Day Self-care

Self-care can include:

- Resting
- Exercising
- Working with a counselor to process trauma
- Learning Indigiqueer histories
- Being in community with other queer Indigenous people
- Using traditional medicine
- Creating art
- Finding things that give us joy

Self-care is not selfish.

It's an important part of ensuring that we thrive so that our communities may thrive. It's also vital for helping us authentically embody who we are and the ways we know how to love.



“ Queer Indigenous people have always been important parts of our communities, and mutual support and sharing is how we thrived historically. Nobody lives in a vacuum. We need to care for one another, and getting vaccinated is one way to act with each other in mind. ”

- Olivia Whiting-Tovar (they/she) is an Oglala Sioux Tribal member and the Native CARS Highway Safety Specialist at the Northwest Portland Area Indian Health Board

Vaccination is Self-care

Making sure we are up to date on our vaccines is also an important part of self-care.

Vaccines make it less likely that we get certain infections, like the flu and COVID. They also protect us from getting seriously ill if we happen to get sick.

Vaccination is a Part of a Holistic Approach to Life

To take care of our bodies, we have traditional medicines, naturopathic medicines, like vitamins and supplements, and allopathic medicines, like vaccines.

By using what's available to us, we can stay vibrant and joyful.

Community Protection

When we are vaccinated, we protect our communities from illness. When more people in a community are vaccinated, it's harder for infection to spread.

Side Effects

You may experience side effects from vaccines, like fever or soreness.

Most side effects are mild and go away within a few days. Mild side effects are a good sign that your body is preparing to be able to recognize and fight disease. They are not a sign of illness.

Getting 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. This handout was also reviewed by staff at the Paths (Re)Membered Project at the Northwest Portland Area Indian Health Board.

Additional Information

For additional information, check out www.IndianCountryECHO.org/VacciNative. For questions, contact us at VacciNative@npaih.org.

