# Protect Yourself with the COVID-19 Vaccine!

The COVID-19 pandemic has been difficult for many southern First Nations in Manitoba. But now we have a new tool in our fight against the deadly virus – the COVID-19 Vaccine!

# **Vaccine Safety**

First Nation health experts say that vaccination is our best defense against the potentially deadly COVID-19 virus. Vaccines work to make your immune system stronger. They build antibodies to help prevent diseases and are much safer than getting the coronavirus.

The COVID-19 vaccine went through a strict review process before being approved for use. It was tested on over 70,000 people and millions of people have already been safely vaccinated worldwide.



# Vaccine Rollout

Vaccine rollout has begun across southern First Nations. Elders 70 years or older are encouraged to get the vaccine first as a priority.

We all still need to do our part to prevent the spread of COVID-19 until everyone in our community has had the opportunity to be vaccinated. This means continuing to wear a mask, social distancing, and frequently washing or sanitizing our hands.

## STAY UPDATED

SCO is sharing updates on our Facebook page and website regularly. Check there for more information: **@SCOINCMB** 

You can also visit SCO's website to view our COVID-19 FAQs and resource page page: **scoinc.mb.ca** 

The Southern Chiefs' Organization (SCO) represents 34 First Nations in what is now called southern Manitoba. The SCO Health Unit was established in response to the high rates of disease occurring within the southern First Nation communities through a resolution on January 13, 1999 by the SCO Chiefs-in-Summit. Since then, the SCO Health Team has provided support as requested by member First Nations in the areas of: advocacy, advisory, facilitation, communication, policy development, and research.

