

SILETZ COMMUNITY HEALTH CLINIC

DRIVE-THRU FLU SHOT CLINIC



Open to the Community
PATIENTS- INSURANCE WILL BE BILLED
\$20 FOR NON-PATIENTS

FRIDAY
OCTOBER 1ST
9 AM - 1 PM

FRIDAY
OCTOBER 8TH
2 PM - 6 PM

FRIDAY
OCTOBER 15TH
9 AM - 12 PM

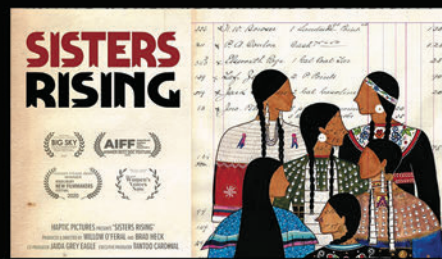
FRIDAY
OCTOBER 22ND
3 PM - 5 PM

Alternative Health Care Benefit Changes

Effective April 1, 2021, Tribal Council approved an increase to the alternate health care benefit from \$50 per visit to \$75 per visit.

Available services include three visits quarterly for either: massage, chiropractor or acupuncture. Eligibility: Enrolled Tribal members

Join CARE Program's Virtual Movie Night



Grab some popcorn, and join us in watching Native American director Willow O' Feral's film "Sisters Rising", shedding light on violence against women in Indian Country.

October 22nd, 2021 @ 6:30pm PT via zoom

Live Discussion available afterwards.

email Alexcia at alexciag@ctsi.nsn.us for info

CARE Program Main line : 541 444-9680

Siletz Community Health Clinic Flu Shot Access

In response to COVID-19, the clinic is unable to offer flu clinics in the area offices. We hope to return to providing flu clinics next year but for now want to do our part in keeping you safe.

2 ways to get your flu shot

- ❖ **At the Siletz Community Health Clinic or your primary care provider during regular business hours**
 - Schedule an appointment
 - Drive through flu clinics @ SCHC – see left and watch for more info
- ❖ **Your Pequot card at your local pharmacy**
 - Pequot is accepted at all CVS network pharmacies that currently accept your Pequot card.
 - You or your pharmacist can contact Pequot at 888-779-6638 if you have any questions.
 - Using your Pequot card will **not** reduce your annual Pequot benefit



I Strengthen My Nation – Challenge Programs through NPAIHB, NIDA

The National Institute on Drug Abuse (NIDA) in partnership with the Northwest Portland Area Indian Health Board (NPAIHB), through the We R Native program, is hosting two challenge competitions to recognize the inherent strengths and resiliencies of Indigenous people and culture that foster healthy communities and protect against substance use.

Research has demonstrated that youth participation in substance misuse prevention research yields community-specific prevention methods and materials, increasing community awareness of substance misuse and solutions. The challenges ask youth with knowledge of American Indian and/or Alaska Native culture (ages 14-25) to share their ideas about resilience and how it can combat substance use.

Prizes will be awarded for two challenges:

- **Art Challenge:** We invite youth to submit any original form of art and describe how it depicts resilience against drug abuse to win \$500 (individual submission) or \$1,000 (group submission). We will award approximately 25 prizes.
- **Community Project Intervention Challenge:** We invite youth to develop plans for a project they believe would augment resilience to substance abuse in communities, submitting to us a plan for the project and video description. Prizes for each proposed project will be up to \$10,000 (minimum award \$2,000).

We R Native is a multimedia health resource for Native youth, by Native youth. The service was designed using behavior change theory and extensive formative research with AI/AN teens and young adults across the U.S.

We design our health messages to address the social, structural and environmental stressors that influence adolescent health; with particular focus given to the prevention of suicide, bullying, STDs, teen pregnancy, and drug and alcohol use.

The deadline for submissions has been extended to Dec. 10, 2021. For more information, visit wernative.org/contest.

THIS IS YOUR SHOT

COMMON CONCERNS

Accurate information is critical to combat common myths and rumors when it comes to the COVID-19 vaccine. It can be challenging to know which sources of information you can trust. Before considering vaccine information on the Internet, check that the data comes from a credible source and is up to date. Take a look at a few of the common concerns among Native youth and parents:

DOES IT AFFECT MY DNA?

Different types of vaccines offer protection in different ways, but the COVID-19 vaccine cannot affect your DNA. Both mRNA and viral vector COVID-19 vaccines deliver instructions to our cells to start building protection against the virus. However, the material never enters the cell's nucleus, which is where our DNA is kept.

DOES IT CAUSE FERTILITY ISSUES?

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. Additionally, there is no evidence that female or male fertility problems are a side effect of the COVID-19 vaccine.

IS THE VACCINE SAFE FOR NATIVE YOUTH?

All COVID-19 vaccines used in the U.S. were tested in clinical studies with thousands of people, including American Indians and Alaska Natives. These studies were done to ensure the vaccines meet safety standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the U.S.

WILL THE VACCINE ENLARGE MY HEART?

Based on the latest evidence, myocarditis appears to be an extremely rare side effect that pales in comparison to the potential risks of COVID-19 infection.

WILL THERE BE LONG-TERM SIDE EFFECTS?

Side effects that cause long-term health problems are extremely unlikely after your COVID-19 vaccine. Vaccine monitoring has historically shown that side effects generally happen within six weeks of receiving it. The Food and Drug Administration required each of the COVID-19 vaccines to be studied for at least eight weeks after the final dose, and millions of people have been vaccinated with no long-term side effects detected.

BUT I'M YOUNG AND HEALTHY!

Although fewer children have been sick with COVID-19 than adults, all ages can still be infected with the virus and spread it to others. The CDC recommends everyone 12 years and older get a COVID-19 vaccine.

WHAT IF I'VE ALREADY HAD COVID-19 AND RECOVERED?

You should be vaccinated even if you've already had COVID-19. Experts do not yet know how long you are protected from getting sick again after recovering. Even if you have already recovered, it is possible that you could be infected with the virus again.



For more information, visit www.cdc.gov

page 07