



NARRAGANSETT INDIAN HEALTH CENTER

Improving health in our community

April 22, 2022

Dear Tribal Members,

The Narragansett Indian Health Center and Narragansett Indian Community Planning and Natural Resources Department would like to thank you for helping to keep our tribal community healthy and safe by participating in the PPE Giveaway event we held on Saturday, April 20.

Also, please join us in thanking the Chief Sachem and Tribal Council for making these COVID resource events possible and for supporting the well-being of our tribal community throughout the pandemic.

The PPE Giveaway went very well and we were able to provide more than 225 bags. One bag was given to families with 1 to 3 household members, two bags for families with 4 to 6 household members and 3 bags to families with 7 plus household members. The canvas bags provided supplies for 349 individual tribal members and included adult masks, kids' masks for families with children, no contact infrared thermometers, pulse oximeters, COVID virus home test kits, disinfecting wipes, hand sanitizer, antibacterial soap, alcohol wipes, alcohol spray bottle, and other miscellaneous items.

We still have bags available at the health center for those who were not able to make it to the giveaway event. If you would like a bag, please call the health center at 401.364.1263 ext. 125 to arrange a time to pick one up. Please note there is a form we will need to have completed that ask for the name and age of all members in your household, your current address and phone number and proof of tribal membership so we can plan for future events and notify you about them.

As the spread of the COVID virus is on the rise again, we plan to hold another PPE giveaway sometime in June. Be aware that not all bags will contain the same items as the bags are packed based on availability of supplies. We will notify you by mail and through the tribe's website when the next event will be held.

Along with this letter, we have included several flyers to notify you of upcoming or ongoing events and to provide information from the CDC to keep you up to date on COVID-19 vaccine and booster information. Please call to make an appointment to get your vaccine (401. 364.1263 ext. 107).

Thank you and stay safe and well!

Sincerely,

Your Narragansett Indian Health Center and NIT Community Planning and Natural Resources Department Teams

51 Old Mill Road, Charlestown, RI 02813

NIHC Administration Tel. 401.364.1263 x 127 or 125 – NIHC Administration Fax 401.364.6427

NIHC Clinic Tel. 401.364.1263 x 107 – **NIHC CLINIC/MEDICAL RECORDS FAX 401.364.1030**



COVID-19

Benefits of Getting a COVID-19 Vaccine

Updated Feb. 25, 2022

What You Need to Know

- Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19. Vaccines can also help prevent serious illness and death.
- All steps have been taken to ensure that vaccines are safe and effective for people ages 5 years and older.
- If you already had COVID-19, you should still get a COVID-19 vaccine for added protection.
- When you are up to date on COVID-19 vaccination, you can resume many activities with proper precautions (e.g., mask wearing in indoor public spaces).

COVID-19 Vaccination Is a Safer Way to Build Protection

Getting a COVID-19 vaccination is a safer way to build protection than getting sick with COVID-19. COVID-19 vaccination helps protect you [by creating an antibody response](#) without you having to experience sickness.

Getting sick with COVID-19 can have serious consequences.

- Getting sick with COVID-19 can cause severe illness or death, [even in children](#), and we can't reliably predict who will have mild or severe illness.
- You may [have long-term health issues after COVID-19 infection](#). Even people who do not have symptoms when they are initially infected can have these ongoing health problems.
- People who are sick with COVID-19 may spread COVID-19 to others including [friends and family who are not eligible for vaccination](#) and [people at increased risk for severe illness from COVID-19](#)

COVID-19 Vaccines Are Safe for Children and Adults

While COVID-19 vaccines were developed quickly, [all steps have been taken to ensure their safety and effectiveness](#).

- Hundreds of millions of people in the United States have received COVID-19 vaccines under the most [intensive safety monitoring](#) program in U.S. history.
- A growing [body of evidence](#) shows that the benefits of COVID-19 vaccination outweigh [the known and potential risks](#). CDC recommends an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) in most circumstances based on an updated risk-benefit analysis.

Before recommending COVID-19 vaccines, including for children ages 5 years and older, scientists conducted clinical trials with thousands of adults and children and found no serious safety concerns. Learn more about the [benefits of COVID-19 vaccination for children and teens](#).

[V-safe](#) provides quick and confidential health check-ins via text messages and web surveys so you can quickly and easily share with CDC how you or your dependent feel after getting a COVID-19 vaccine.

COVID-19 vaccines are effective

COVID-19 vaccines are effective and can lower your risk of getting and spreading the virus that causes COVID-19. COVID-19 vaccines also help prevent serious illness and death in children and adults even [if they do get COVID-19](#).

Recent data [\[1 MB, 68 pages\]](#) suggest COVID-19 vaccines become less effective at preventing infection or severe illness over time, especially for people ages 65 years and older. This is why [booster shots](#) are recommended for people ages 12 years and older who have completed their primary vaccination series. However, even as the vaccine's ability to prevent infection decreases with time, COVID-19 vaccination continues to reduce the risk of hospitalization and death when people become infected with COVID-19.

People who have certain medical conditions or who are taking medications that weaken their immune system may not be completely protected even if they completed the primary vaccination series. Some [people who are moderately or severely immunocompromised](#) should get an additional primary dose of COVID-19 vaccine and a booster shot.



About Variants

Viruses are constantly changing, including the virus that causes COVID-19. These changes occur over time and can lead to the [emergence of variants](#) that may have new characteristics. Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19. Vaccines are highly effective against severe illness.

COVID-19 vaccination is a more reliable way to build protection

The level of protection people get from having COVID-19 (sometimes called natural immunity) may vary depending on how mild or severe their illness was, the time since their infection, and their age; and there is still not an antibody test available that can reliably determine if a person is protected from further infection.

All [COVID-19 vaccines currently available](#) in the United States are [effective](#) at preventing COVID-19. Staying up to date with COVID-19 vaccination gives most people a high level of protection against COVID-19.

You should get a COVID-19 vaccine, even if you already had COVID-19. [Emerging evidence](#) shows that getting a COVID-19 vaccine after you recover from COVID-19 illness provides added protection to your immune system.

Related Pages

- › [Facts about COVID-19 Vaccines](#)
- › [COVID-19 Vaccines for People Who Would Like to Have a Baby](#)
- › [Frequently Asked Questions about COVID-19 Vaccination](#)
- › [How Do I Find a COVID-19 Vaccine?](#)
- › [Safety of COVID-19 Vaccines](#)
- › [Stay Up to Date with Your Vaccines](#)
- › [COVID-19 Vaccines for Children and Teens](#)



COVID-19

Stay Up to Date with Your COVID-19 Vaccines

Updated Apr. 21, 2022

What You Need to Know

- CDC recommends that everyone ages 5 years and older get their primary series of COVID-19 vaccine, and everyone ages 12 years and older also receive a booster. [Some people can receive two boosters.](#)
- People who are moderately or severely immunocompromised have specific COVID-19 vaccine recommendations, including recommendations for a booster. Learn more about [COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised.](#)
- The following [COVID-19 vaccine and booster recommendations](#) may be updated as CDC continues to follow data related to vaccine effectiveness and safety, waning immunity, and protection against variants

About COVID-19 Vaccines

COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and even dying—especially people who are boosted. As with other diseases, you are protected best from COVID-19 when you stay up to date with recommended vaccines.



Approved or Authorized Vaccines

Three COVID-19 vaccines are authorized or approved for use in the United States to prevent COVID-19. Pfizer-BioNTech or Moderna are COVID-19 mRNA vaccines and are preferred. You may get Johnson & Johnson's Janssen COVID-19 vaccine in some situations.

[Pfizer-BioNTech](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

When Are You Up to Date?

You are **up to date** with your COVID-19 vaccines when you have received all doses in the primary series and one booster when eligible, [as shown below.](#)

- Getting a second booster is not necessary to be considered up to date at this time.
- The recommendations will be different depending on your age, your health status, what vaccine you first received, and when you first got vaccinated.

Adults ages 18 or older



Primary Series:

2 doses of Pfizer-BioNTech given 3–8 weeks apart ^[1]

Fully Vaccinated: 2 weeks after final dose in primary series

Boosters:

- 1 booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine is recommended at least 5 months after the final dose in the primary series
- Adults ages 50 years and older can [choose to receive a 2nd booster](#) dose of either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after the 1st booster

Up to Date: Immediately after getting 1st booster ^[2]

Moderna

Primary Series:

2 doses of Moderna given 4–8 weeks apart ^[1]

Fully Vaccinated: 2 weeks after final dose in primary series

Boosters:

- 1 booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine is recommended at least 5 months after the final dose in the primary series
- Adults ages 50 years and older can [choose to receive a 2nd booster](#) dose of either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after the 1st booster

Up to Date: Immediately after getting 1st booster ^[2]

Johnson & Johnson's Janssen

Primary Series:

1 dose of Johnson & Johnson's Janssen

Fully Vaccinated: 2 weeks after vaccination

Boosters:

- 1 booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine is recommended at least 2 months after a J&J/Janssen COVID-19 vaccine
 - Anyone who received a J&J/Janssen COVID-19 vaccine for both their primary dose and booster may receive a 2nd booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after their 1st booster
 - Adults ages 50 years and older can [choose to receive a 2nd booster](#) of either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after the 1st booster
-

Up to Date: Immediately after getting 1st booster ^[2]

Children and teens ages 12–17 years

Pfizer-BioNTech ▼

Primary Series:

2 doses of Pfizer-BioNTech given 3–8 weeks apart ^[1]

Fully Vaccinated: 2 weeks after final dose in primary series

Boosters:

1 booster of Pfizer-BioNTech COVID-19 vaccine is recommended at least 5 months after the final dose in the primary series

Up to Date: Immediately after getting 1st booster ^[2]

Children ages 5–11 years

Pfizer-BioNTech ▼

Primary Series:

2 doses of Pfizer-BioNTech given 3 weeks apart ^[1]

Fully Vaccinated AND Up to Date: 2 weeks after final dose in primary series since a booster is NOT recommended for this age group at this time ^[2]

¹ Talk to your healthcare or vaccine provider about the timing for the second dose in your primary series.

- **People ages 12 through 64 years, and especially males ages 12 through 39 years,** may consider getting the second dose of an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) 8 weeks after the first dose. A longer time between the first and second doses may increase how much protection the vaccines offer, and further minimize the already rare risk of heart problems, including myocarditis and pericarditis.
- **People ages 5 through 11 years, people ages 65 years and older, people more likely to very sick from COVID-19, or anyone wanting protection due to high levels of community transmission** should get the second dose of **Pfizer-BioNTech** COVID-19 vaccine **3 weeks (or 21 days)** after the first dose, or the second dose of **Moderna** COVID-19 vaccine **4 weeks (or 28 days)** after the first dose.

² If you have completed your primary series—but are not yet eligible for a booster—you are also considered up to date. Stay up to date by getting one booster when you are eligible. Getting a second booster is not necessary to be considered up to date at this time.

Mixing COVID-19 Vaccine Products

CDC does not recommend mixing products for your primary vaccine series.

If you received a Pfizer-BioNTech or Moderna COVID-19 vaccine, you should get the same product for your second shot in the primary series. People eligible for a booster who are ages 18 years and older may get a different product for their booster. People eligible for a booster who are ages 12 through 17 years must get the same product (Pfizer-BioNTech) for their booster.

Timing of COVID-19 Vaccination After Infection

People who have COVID-19 should wait to receive any vaccine, including a COVID-19 vaccine, until after they recover and [complete their isolation period](#).

Additionally, people who recently had COVID-19 *may* consider delaying their next booster by 3 months from when their symptoms started or, if they had no symptoms, when they first received a positive test. Reinfection is less likely in the weeks to months after infection. However, certain factors, such as personal risk of severe disease, local [COVID-19 community level](#), and the dominant [COVID-19 variant](#), could be reasons to get a vaccine sooner rather than later.

Talk to your healthcare professional if you have questions about when to get your next COVID-19 vaccine.

Vaccination Outside the United States

If you received COVID-19 vaccines outside the United States, whether you are up to date depends on which COVID-19 vaccine (and how many doses) you received. Learn more about when [people vaccinated outside the United States are considered fully vaccinated](#).

Allergic Reaction to a COVID-19 Vaccine Product

If you had a [severe allergic reaction](#) after a previous dose of a COVID-19 vaccine or if you have a known (diagnosed) allergy to a COVID-19 vaccine ingredient, you should not get that vaccine. If you have been instructed not to get one type of COVID-19 vaccine, you may still be able to get another type.

Last Updated Apr. 21, 2022



COVID-19

COVID-19 Vaccine Boosters

Updated Apr. 22, 2022

What You Need to Know

- COVID-19 vaccine boosters can further enhance or restore protection that might have waned over time after your primary series vaccination.
- People are protected best from severe COVID-19 illness when they [stay up to date](#) with their COVID-19 vaccines, which includes a booster for many people.
- There are different [COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised](#).

Choosing Your COVID-19 Booster

Three COVID-19 vaccines are authorized or approved for use in the United States to prevent COVID-19. Pfizer-BioNTech or Moderna (COVID-19 mRNA vaccines) are preferred. You may get Johnson & Johnson's Janssen COVID-19 vaccine [in some situations](#).

Who Can Get a Booster

ELIGIBLE FOR 1 Booster

Everyone ages 12 years and older can get 1 booster after completing their [COVID-19 vaccine primary series](#).

Learn when you can get your 1st booster below.

ELIGIBLE FOR 2 Boosters

- Adults ages 50 years and older
- People ages 12 years and older who are [moderately or severely immunocompromised](#)
- People who got 2 doses (1 primary dose and 1 booster) of Johnson & Johnson's Janssen vaccine

Learn when you can get your 2nd booster below and [what you should consider](#).

Adults ages 18 or older

[Pfizer-BioNTech](#)



1st Booster:

CDC recommends a booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine: ^[1]

- For most people, at least 5 months after the final dose in the primary series
- For people who are moderately or severely immunocompromised, at least 3 months after the final dose in the primary series

Up to Date: Immediately after getting 1st booster ^[2]

2nd Booster:

People in the following groups can choose to get a 2nd booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine **at least 4 months after the 1st booster:**

- Adults ages 50 years and older
- People who are moderately or severely immunocompromised

Moderna

1st Booster:

CDC recommends a booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine: ^[1]

- For most people, at least 5 months after the final dose in the primary series
- For people who are moderately or severely immunocompromised, at least 3 months after the final dose in the primary series

Up to Date: Immediately after getting 1st booster ^[2]

2nd Booster:

People in the following groups can choose to get a 2nd booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine **at least 4 months after the 1st booster:**

- Adults ages 50 years and older
- People who are moderately or severely immunocompromised

Johnson & Johnson's Janssen

1st Booster:

CDC recommends a booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine: ^[1]

- For most people, at least 2 months after the primary dose of J&J/Janssen COVID-19 vaccine
- For people who are moderately or severely immunocompromised, at least 2 months after the additional dose of Pfizer-BioNTech or Moderna COVID-19 vaccine

Up to Date: Immediately after getting 1st booster ^[2]

2nd Booster:

People in the following groups can choose to get a 2nd booster of either Pfizer-BioNTech or Moderna COVID-19 vaccine **at least 4 months after the 1st booster**:

- Anyone who got a J&J/Janssen COVID-19 vaccine for both their primary dose and booster
- Adults ages 50 years and older
- People who are moderately or severely immunocompromised

Children and teens ages 12–17 years

Pfizer-BioNTech

1st Booster:

CDC recommends a booster of Pfizer-BioNTech vaccine: ^[1]

- For most children and teens, at least 5 months after the final dose in the primary series
- For moderately or severely immunocompromised children and teens, at least 3 months after the final dose in the primary series

Up to Date: Immediately after getting 1st booster ^[2]

2nd Booster:

- Children and teens who are moderately or severely immunocompromised can choose to get a 2nd booster of Pfizer-BioNTech COVID-19 vaccine at least 4 months after the 1st booster

Children ages 5–11 years

Pfizer-BioNTech

Boosters are not recommended for this age group at this time.

¹ If you have completed your primary series—but are not yet eligible for a booster dose—you are also considered up to date. Stay up to date by getting 1 booster when you are eligible. Getting a second booster is not necessary to be considered up to date at this time.

² Although mRNA vaccines are preferred for the first booster, J&J/Janssen COVID-19 vaccine [may be considered in some situations](#).

Getting a Second COVID–19 Vaccine Booster

People in certain groups or situations can get a 2nd COVID-19 booster. If you're in one of those groups or situations, it's up to you whether to get a 2nd booster right now, based on the benefits and risks the vaccine may provide to you. Your healthcare provider can help you review your options. Here are [factors](#)  [\[70 KB, 1 page\]](#) to think about as you consider a 2nd booster.

1 Are you eligible?

Right now, you're eligible for a 2nd COVID-19 booster if you:

- Are 50 years of age or older **and** got your first booster at least 4 months ago
- Are [moderately or severely immunocompromised](#), 12 years of age or older, **and** got your first booster at least 4 months ago
- Got 2 doses of J&J/Janssen vaccine at least 4 months ago

2 Are you (or is someone you live with) more likely to get very sick?

Certain factors can make it more likely someone will get very sick from COVID-19. It may be helpful to get a 2nd booster now if you are (or if someone you live with is):

- Moderately or severely immunocompromised
- More likely to get very sick from COVID-19
- More likely to be exposed to COVID-19 through your job, where you live, or other factors (such as frequent travel or large gatherings)
- In an area with medium to high COVID-19 community levels
- Or if someone you live with is unvaccinated

3 Can you wait?

You may consider waiting to get a 2nd booster if you:

- Had COVID-19 within the past 3 months
- Feel that getting a 2nd booster now would make you not want to get another booster in the future (a 2nd booster may be more important in fall of 2022, or if a new vaccine for a future COVID-19 variant becomes available)

If You Get a Second Booster

- Make sure it's been at least 4 months since your 1st COVID-19 booster.
- Remember that 2nd boosters can only be Moderna or Pfizer-BioNTech (and for 12 through 17 year olds, only Pfizer-BioNTech).
- You can self-attest that you have a moderately or severely weakened immune system. This means you do not need any documentation that you have a weakened immune system to get a COVID-19 vaccine (including booster) wherever they are offered.



**THE NARRAGANSETT INDIAN HEALTH CENTER IS
OFFERING WEEKLY
CHAIR YOGA CLASSES (Tuesdays)
FOR ADULTS ON ZOOM**

- When:** Tuesdays, 11am-12pm (Live zoom class) starting 1/18/2022
No class if clinic is closed due to inclement weather or holidays
- Where:** Your own home or office, using the Zoom app
- Contact:** Sandy Vadnais at svadnais22@gmail.com or 401-368-7885 to register and get the ZOOM link OR Call Susan Bradanini, RN, OCHP at 401-364-1263 ext. 123

**THIS CLASS WILL INTRODUCE STUDENTS TO THE FUNDAMENTALS OF
YOGA. DESIGNED TO BUILD STRENGTH, FLEXIBILITY AND ENDURANCE, AS WELL AS,
BREATHING TECHNIQUES.**

Each student will need to complete and return a signed Waiver of Liability. Pick up a Waiver at NIHC or request a waiver to be emailed by the instructor before the first class .

Items : yoga mat or towel, straps or belt, exercise bands or tubing, chair preferably without arms, computer, iPad/tablet or iPhone. Provided your email address and have downloaded the Zoom app.

FOR MORE INFORMATION CONTACT: Susan Bradanini , OCHPNS 401-364-1263 ext.123

LEARN HOW TO SAVE A LIFE WITH NALOXONE

URI Community First Responder Program

Sponsored by Narragansett Indian Health Center



- Learn how to reverse an overdose
- Know how to handle intense situations and use naloxone
- Recognize signs, symptoms, and risk factors for a bad reaction to opioids

Wednesday, May 4th, 2022

2PM-3PM

Zoom class

Free naloxone to persons who attend

Zoom link: <https://uri-edu.zoom.us/j/5707208827>

Contact: Anita Jacobson, Pharm.D. @401-874-2641

Susan Bradanini, RN @401-364-1263 ext.123

URI Community First Responder Program

and the

Narragansett Indian Health Center

offer

**LEARN HOW TO USE
NALOXONE**

and

**Learn how to reverse an
overdose**

**Tuesday, May 17th, 2022
10am-12PM**

**Narragansett Indian Health Center
51 Old Mill Road Charlestown, RI 02813**

**Have your questions answered on use of naloxone
Free naloxone available**

***We are planning an in person class for the fall, more information to follow**

Contact: Anita Jacobson, Pharm.D. @401-874-2641

Susan Bradanini, RN @401-364-1263 ext.123

