



Sioux Lookout
First Nations
Health Authority

Radio Script: It's not too late to get vaccinated against COVID-19

Developed: June 2021 (updated August 2021)

Hello/Boozhoo.

This is _____.

I have an important message to share. It is not too late to get the COVID-19 vaccine.

Choosing to get vaccinated can be a big decision. So, if you need more time to think about it, that's okay. Take the time you need. If you have questions, ask them. You can reach out to a trusted healthcare worker. You are welcome to email any questions you have to acwinfo@slfnha.com.

SLFNHA's public health physician Dr. Douglas hosts a live Q&A. It happens every Wednesday at 5:00pm CST on the SLFNHA Facebook page. The Anishinabe Youth Network also hosts 'Ask Auntie' sessions on their Facebook page. They usually happen once a month.

So don't wait. Get the information you need so you can make the best decision for you.

Now, if you decide you would like to get the vaccine, you still can. We are going to talk about the vaccines that are available. And how you can get vaccinated.

There are two vaccines you can get. They are called Pfizer and Moderna. You can think of them like Coke and Pepsi. Or Red Rose and Tetley tea. These vaccines both give excellent protection against COVID-19. They use the same technology to do this. They are both given in two doses. They both contain types of ingredients that are familiar to us, like salts, fats, and sugars. And they are both very safe.

Right now, anyone who is at least 12 or who will be 12 by the end of the calendar year, can get the Pfizer vaccine. If you are 18 or older, you can also choose the Moderna vaccine.



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You can get your first or second dose of a COVID-19 vaccine by contacting your nursing station or healthcare provider. Tell them you are interested in getting vaccinated. And they can help you.

If you are travelling, you may be able to get vaccinated before you return home. Urban communities like Sioux Lookout and Thunder Bay are running vaccine clinics. Just check with the local health units or organizations like the Ontario Native Women's Association. If you got the Moderna vaccine for your first dose, you could get a second dose of Pfizer. These vaccines have a lot in common. They can work together to help your body build a strong immune response against the virus causing COVID-19. So, you don't need to worry about matching vaccines. Just get two doses.

Many schools are planning to host their own vaccine clinics. So, if you are attending school outside of the community, you may be able to get vaccinated at school.

By deciding to get vaccinated, you are protecting yourself and others in your community. Particularly those who can't get the vaccine just yet. If you are in community, it may take time to get more vaccines. But plans are being made so everyone can get vaccinated. So, keep your hand raised. Call your nursing station and let your community nurse know you would like a vaccine.

Take pride in your actions to protect your community. Take pride in getting the COVID-19 vaccine.

Before we end, we want to remind you about NAN Hope. NAN Hope is a mental health and addictions support access program. It is for all NAN citizens. If you or someone you know needs to talk to someone, reach out. Our mental health is just as important as our physical health. If you would like to speak with someone, call 1-844-626-4673. If you would prefer not to talk over the phone, you can visit nanhope.ca. On the main webpage, you can choose a live chat or text option.

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