## Protect Yourself and Loved Ones with Vaccines

Vaccines teach our bodies how to recognize and fight infections like measles, whooping cough, and flu. Vaccines are for everyone: pregnant women, babies, children, teens, adults, and elders. By strengthening our powerful warrior cells (immune system), together we help protect entire communities from serious illness.

To get vaccinated, or to ask about what vaccines you may need, please contact the Nisqually Health & Wellness Center Medical Clinic at (360) 459-5312

## More Info:

## Vaccines 101: Vaccination Information for Natives by Natives:

http://www.nisqually-nsn.gov/files/5317/4913/9713/Vaccines-101\_VacciNative.pdf

