# TOHONO O'ODHAM NATION
# HEALTH CARE

**For Immediate Release**
Wednesday, Dec. 29, 2021                    TONHC:  COVID-19

**Hospital & Health Centers**

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## What you need to know about: COVID-19 Omicron Variant

COVID-19 cases are rising again.  If you haven't been vaccinated, do it now.

- **What is the COVID-19 Omicron variant?**
  o There are many strains or "variants" of COVID-19 virus because the virus can change every time is passes from one person to another.
  o The new "Omicron" variant was detected in November and is spreading in many countries including the United States.
  o Arizona surveillance testing has detected cases in Pima County including the Tohono O'odham Nation.
  o Omicron is more contagious than most previous variants.
  o Being fully vaccinated AND boosted is your best protection against Omicron.
  o If Omicron is resistant to vaccines, we have the tools to update the vaccines.

- **Am I at risk of getting sick from the Omicron variant? Yes.**
  o Wear a facemask in ALL indoor public areas, even if you are vaccinated.
  o Avoid crowds and gatherings.
  o Make your holiday plans safer this year. Celebrate outdoors.
  o Get tested if you have symptoms, have an exposure, or must meet with others.
  o Vaccination is the best way to protect yourself and your family.

- **Who should get COVID-19 vaccination?**
  o All children ages 5 years and older
  o All adults
  o All persons who are pregnant, breastfeeding, or trying to get pregnant.

- **Who should get a COVID-19 vaccine booster?**
  - Everyone ages 16 years and older should get a booster shot.
  - Booster doses help build immunity and should be given:
    o At least 6 months after the 2nd dose of Moderna or Pfizer
    o 2 months after the single dose of Janssen

**Need help finding a COVID-19 vaccine?**
- Anywhere in the USA    www.vaccines.gov
- 1-800-232-0233 (TTY 1-888-720-7489)

Call your TONHC Clinic for a vaccine appointment.
- San Xavier Health Center: 520 -547-8140
- Sells Hospital: 520-383-7209
- San Simon Health Center: 520-362-7078