

**Tapgua nāguqsīzraut COVID-19min kīiqsiutaa piqqatuinaṭiugaat.**

Those who have recovered from COVID-19 still have long-term side effects.

**Inuuniatiuqtutin qaplauvin.**

Getting vaccinated can save your life.

**Siulitat asiin maṭautat qaplautin atnainaḡtiuqtuk, talin puiṭiugaa. Aṭṭat, atnainaḡtiuqtut uunainak, unatilutin, qiulutin, asiin minḡaulutin. Iḡlivin, siḡaivin taimuḡainaq, taaqtin quḡuaqlu.**

After getting your first or second dose of the vaccine, you may experience pain and swelling in your arm. Some people also experience pain, fever, chills, and tiredness. If you experience these symptoms longer than several days, please contact your doctor.

**Naniiliga inuit itpan qaplautuat mattutuinalui qinaglu qaniglu qanuataa kīiqsiun isawuaḡtiuqtuk timinḡin, unaa kīiqsiutaa nuṭiuqtuq aṭṭanin qaplaunṭiatun.**

Even after getting vaccinated, it's important to continue wearing a mask when you enter public spaces because you can still transmit virus to those who have not been vaccinated.

**Naniiliga taamna COVID-19 isawuaḡtuk asiinlu aṭṭaḡianazruat. Munāḡiiliu timin.**

Don't let your guard down. COVID-19 and the different variants are still actively spreading in our communities.

**Malguukmik Pfizer qapṭua atuqnaatuk innuinaq atausiqmi ubluani. Malguukmik Moderna qapṭua atuqnaatuktauq ubluani, innuinaq tallimat piḡasuni. Taamna Janssen qapṭua atugnaatuk atuasiiraqmik, puikzraqaqtuk inuktun annuilizrautmun akimiaq piḡasutmik. Qapṭun sawiṭiuqtuk taḡiq nuunṭimun.**

The Pfizer vaccine requires 2 doses, taken 21 days apart. The Moderna vaccine requires 2 doses at 28 days apart. The Johnson&Johnson vaccine requires 1 dose. It may take up to one month for your last dose to become effective in protecting you from COVID-19.

**Aḡnat ignailiuqpan qapṭuatit nāguṭiuqtut.**

Pregnant women can safely get the vaccine to protect both the mother and the baby.

**Unaa kīiqsiun nalunaatuk. Puikzraa isawaḡtiuqtuk uquimi sitamatmin. Munāḡiiliu ilaiyaatin, utuqqanatlu, asiin tapgua timiḡiituaat. Siunḡiigut nalunaatuk.**

Some pandemics can last up to 4 years, so taking all measures to protect yourself and your loved ones is necessary, especially elders or those who have underlying medical conditions.