

vaccines

We can talk about it.

## Knowledge & Trust

Indigenous peoples have had negative experiences with infectious diseases and vaccination, including mass deaths, vaccine experimentation and lack of access to public health measures. These experiences can result in a lack of trust in health care providers.

Building trust is part of midwifery care. Midwives offer information and support you to make the best decisions for you and your family.

## Wellness

Your body's immune system helps protect you from infectious diseases.

- Eat healthy food when possible
- Use plant medicine
- Walk or play a sport
- Nurture spirit
- Speak with elders, knowledge keepers, midwives, family & friends for information, advice and support

## Resilience

Indigenous peoples have tools & resources for building physical, mental, emotional, spiritual health and wellness.

## All my Relations

“That means every person, just as it means every rock, mineral, blade of grass, and creature. We live because everything else does.”

- Richard Wagamese, Embers

Talk to your midwife. We're here to listen and answer your questions.

[canadianmidwives.org/vaccines](https://canadianmidwives.org/vaccines)

#wecantalkaboutit

# Your midwife can tell you:

**What are the recommended vaccines for me? How & where do I get them?**

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**What can I expect when I get a vaccine and what do I do if I have a negative reaction?**

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**How do I keep track of my vaccines?**

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**What are my options?**

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**Where can I get more info?**

Research: \_\_\_\_\_

Websites: \_\_\_\_\_

Services: \_\_\_\_\_