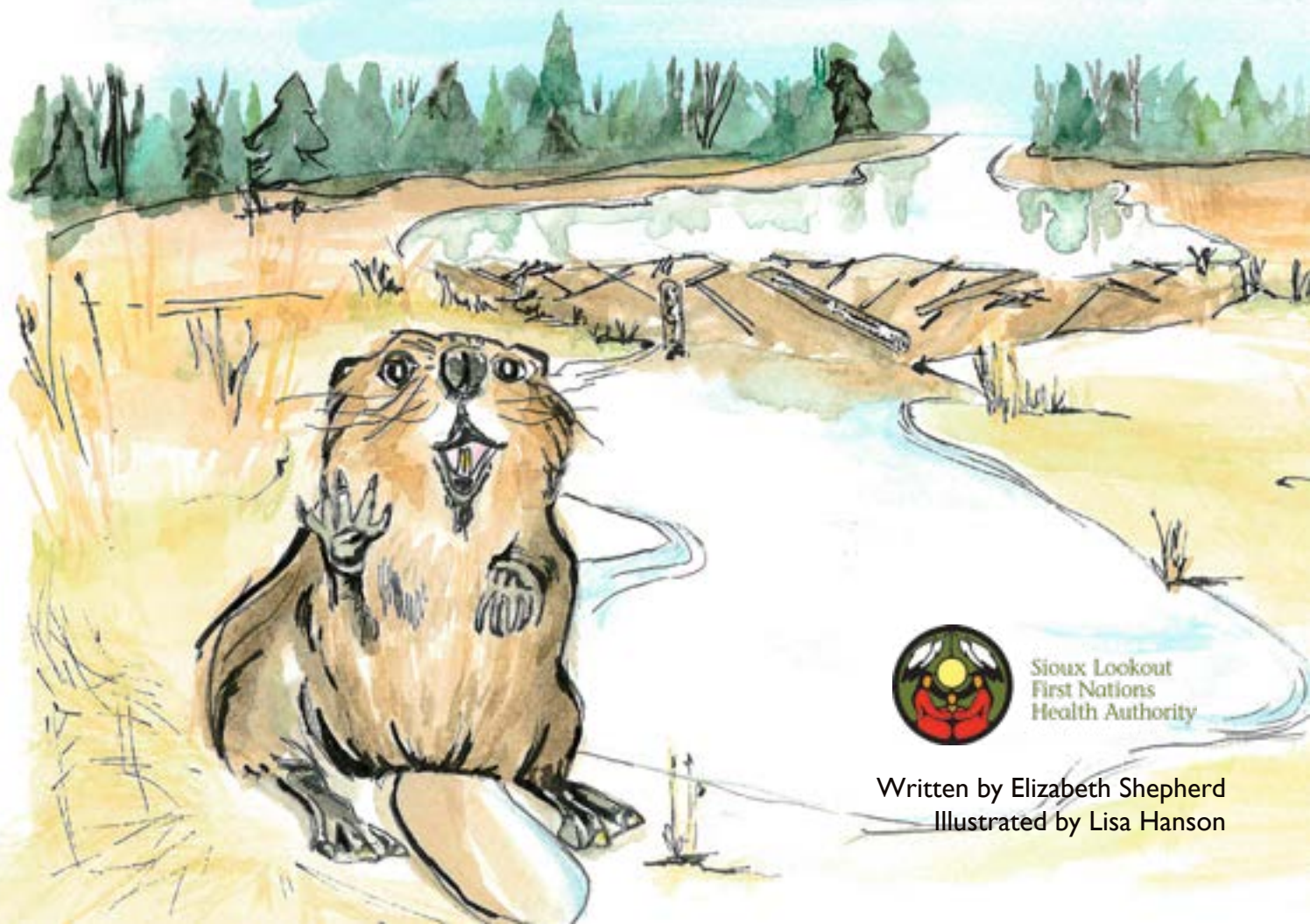


AMIK

The Vaccine Champion



Sioux Lookout
First Nations
Health Authority

Written by Elizabeth Shepherd
Illustrated by Lisa Hanson

This resource is dedicated to

*All vaccine champions past,
present and future.*

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Download a copy of this resource at
www.slnha.com

For more information on vaccines and how to become a vaccine champion, talk to a nurse or community health physician at your local nursing station.

Or, contact us at ACWinfo@slnha.com

If you are interested in other family health resources, contact SLFNHA's Raising Our Children program at 807-737-5190.

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This is Amik.



Amik cares a lot for their home.



They want to do what they can to help build a healthy community.

So Amik has become a vaccine champion.

How do you become a vaccine champion?



Like Amik, you can start by learning about what a vaccine is and how it works.

Germs are very tiny things. They live all around you and inside of you.

Some germs keep you healthy, like the germs in your belly that help you with the food you eat.



Some germs can make you very sick, like the ones you might get on your hands after you use the toilet.

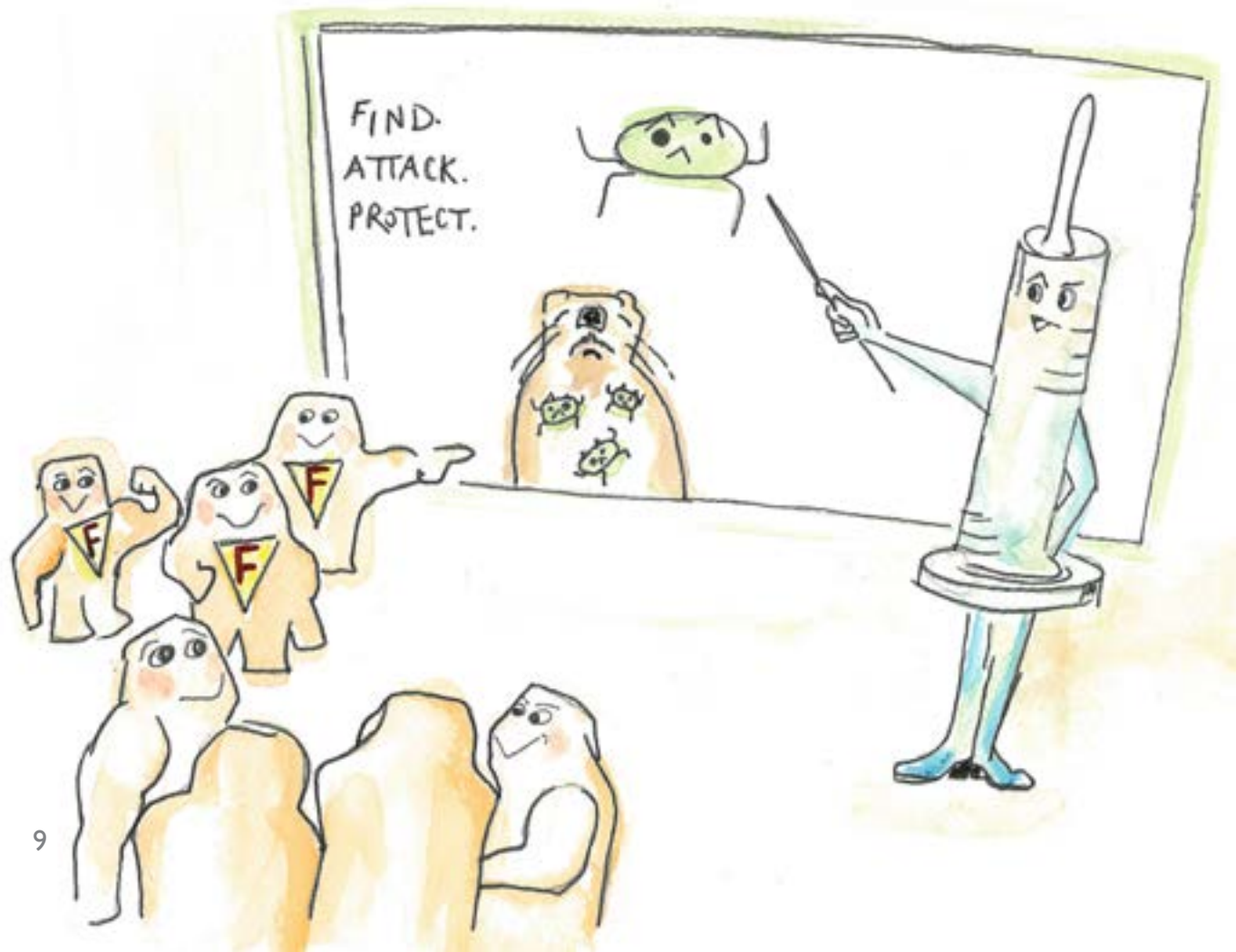


Some of the germs that make you sick can spread from person to person when people are close together. Or by touching a surface with germs on it and then touching your face.



Your body's fighter cells work hard to kill these germs before they can make us sick. You need a lot of fighter cells to help stop these germs.

Vaccines can help your body learn what germs are not good for it. And they can help your body to be healthy and strong.



Vaccines also help keep our homes and communities healthy. They do this by stopping the spread of germs that make us sick.



Vaccines save lives.
That is why Amik chooses to get vaccinated.

It is easy to get a vaccine, you just have to make an appointment. Amik gets their vaccines at the nursing station. Amik also knows that if they can't make it to the nursing station, a nurse may be able to come to their house to give them a vaccine.



Vaccines have been around for many years. Nurses and doctors know them well. So, when Amik has questions, they can get answers from their community nurse.



Amik has had a lot of vaccines in their life. Amik got all the recommended childhood vaccines when they were young. These vaccines helped them stay healthy and grow strong. Amik gets other vaccines when there is a need for them. Like when it is flu season. Or to help stop the spread of COVID-19.



Amik feels good about getting a vaccine. Amik knows they are studied very carefully. Every vaccine that is approved goes through the same testing. So Amik knows that the vaccine is safe.



Amik sometimes gets a sore arm and feels a little tired after getting a vaccine. This tells Amik that their body is busy building more fighter cells. Amik knows that a sore arm is better than getting sick.

Amik knows that vaccines, along with other medicines and healthy ways of living, help them live their best life.

Amik is proud to be a vaccine champion. And Amik thinks you would make a great one too!





Amik is proud to be a vaccine champion.
And Amik thinks you would make a great one too!



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