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# Let's Do Our Part

When more American Indian and Alaska Native people living on tribal lands and living in urban areas wear masks and practice physical distancing, we help reduce the chance of being exposed to the virus that causes COVID-19 and spreading it to others. More can be done to protect ourselves by getting vaccinated.

All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing severe illness, hospitalization, and death due to COVID-19, including from the Delta variant.

COVID-19 vaccines are carefully evaluated in medical studies involving thousands of participants. They are authorized or approved only if they are proven to be safe and decrease the chance that you will get COVID-19.

Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

Get vaccinated as soon as you can. You have three ways to find vaccines near you:

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to 438829
- Call 1-800-232-0233

