“The second dose is like a drumming circle. The first person starts us off and that’s like the first dose. But when all the other voices and drums come together, you get the maximum experience.”

**WHY YOU SHOULD GET YOUR SECOND DOSE - by Dr. Nel Wieman, Deputy Chief Medical Officer**

<table>
<thead>
<tr>
<th>The vaccines require two doses to be fully effective</th>
<th>Both doses provide better protection against variants</th>
<th>The second dose boosts “community immunity”</th>
</tr>
</thead>
</table>

Getting fully vaccinated will make these things (and others) as safe as possible: celebrating loved ones, marking milestones, and having community gatherings

**FINISH STRONG, BOOK DOSE 2**

“As Indigenous people, we have been water protectors, we have been land protectors, but in the case of the COVID-19 pandemic, we are people protectors.”

For more information, visit www.fnha.ca