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SWOSU



Bulldog Wellness

April 2022



NATIONAL MINORITY HEALTH MONTH

Give Your Community A Boost! | April 2022

Join Bulldog Wellness in supporting National Minority Health Month 2022!

April is National Minority Health Month (NMHM). This year, Bulldog Wellness is joining the HHS Office of Minority Health (OMH) to highlight the important role individuals can play in their communities to help reduce health disparities and improve the health of racial and ethnic minorities and American Indian/Alaska Natives.

This year's NMHM theme is **Give Your Community a Boost!** This theme focuses on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we can use to protect others from the COVID-19 pandemic that has disproportionately affected communities of color. The theme also supports the many other efforts happening across the country to advance health equity.

Visit the National Minority Health Month website in English and Spanish to find resources, events, shareable social media messages, graphics, and information to share with your networks about **Give Your Community a Boost!**



Give Your COVID-19 Vaccination Protection a Boost

Booster shots are now available for everyone 12+ and vaccinated

COVID-19 vaccines continue to work very well at preventing severe illness, hospitalization, and death. A booster shot is an extra dose that helps keep up your protection.

When to get your booster

Stay safer this winter. Get a booster as soon as you're eligible.

Pfizer-BioNTech

(5 months after your 2nd dose)

Moderna

(5 months after your 2nd dose)

Johnson & Johnson's Janssen

(2 months after your single dose)



Find free vaccines near you

Visit [vaccines.gov](https://www.vaccines.gov)

Text your ZIP code to 438829 Call 1-800-232-0233

Scan the QR code

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