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Farmworker Justice
August 15 at 2:20 PM ·

Has the pandemic made you feel depressed? Anxious? Overwhelmed? It's understandable, but there are ways to manage those feelings.

Read more about mental health care here: bit.ly/3QF7iYy

Talk to your local health center about mental health care today, or contact any of the following resources—all available in Spanish.

National Alliance on Mental Illness Hotline: text HOME to 741741
SAMHSA National Helpline: 1-800-662-4357
Suicide Prevention Lifeline: 1-800-273-8255

¿La pandemia te ha hecho sentir deprimido?
¿Ansioso? ¿Cansado?

Es entendible, pero hay maneras de manejar esas sensaciones.

Infórmate más sobre el cuidado de la salud mental aquí: bit.ly/3zZaBDW

Habla con tu centro de salud local sobre el cuidado de la salud mental hoy mismo, o ponte en contacto con cualquiera de los siguientes medios, todos disponibles en español.

Write a comment...



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Farmworker Justice •
August 10 at 5:14 PM ·

Many people feel depressed, anxious, and overwhelmed because of the pandemic. You're not alone!

But there are ways to manage those feelings. Read more about it here: bit.ly/3QF7iYy

Then, talk to your local health center about mental health care, or contact any of the following resources—all available in Spanish. National Alliance on Mental Illness Hotline: text HOME to 741741
SAMHSA National Helpline: 1-800-662-4357
Suicide Prevention Lifeline: 1-800-273-8255... [See more](#)

Visit the COVID-19 Information Center for vaccine resources. [Get Vaccine Info](#)

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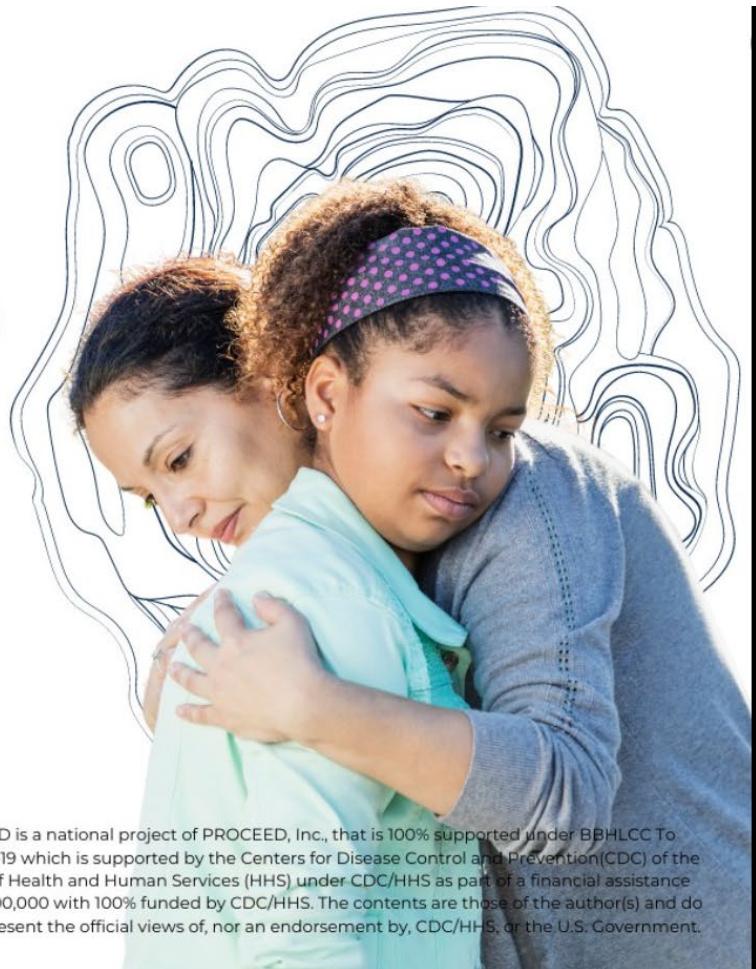
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COVID-19



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Farmworker Justice
July 29 at 4:34 PM ·

Sometimes, it's okay not to feel okay. Especially during the COVID-19 pandemic! But there are things you can do to manage those feelings.

Mental health care teaches you strategies to understand and process anxiety and depression. Many people feel the same way right now. You don't have to feel ashamed!

Read more about it here: bit.ly/3QF7iYy

Then talk to your local health center about mental health care, or contact any of the following free resources:

National Alliance on Mental Illness Hotline: text HOME to 741741
SAMHSA National Helpline: 1-800-662-4357
Suicide Prevention Lifeline: 1-800-273-8255

A veces, está bien no sentirte bien. Especialmente durante la pandemia de COVID-19. Pero hay cosas que puedes hacer para manejar esos sentimientos.

La atención a la salud mental te enseña estrategias para entender y procesar la ansiedad y la depresión. Muchas personas se sienten de la misma manera en este momento. ¡No tienes que sentirte avergonzado!

Infórmate más sobre [esta página](#).

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Farmworker Justice
July 25 at 4:37 PM ·

Did you know that Medicaid covers mental health care? And there are other free and low-cost options to help you manage grief and anxiety from the pandemic. Even in Spanish!

Read more about mental health care here: bit.ly/3QF7iYy

If the pandemic has made you feel anxious, depressed, or overwhelmed, talk to your local health center about mental health care today, or contact any of the following free resources:

National Alliance on Mental Illness Hotline: text HOME to 741741
SAMHSA National Helpline: 1-800-662-4357
Suicide Prevention Lifeline: 1-800-273-8255

¿Sabías que Medicaid cubre el cuidado de la salud mental? Y hay otras opciones gratuitas y de bajo costo para ayudarte a manejar el pesar y la ansiedad causados por la pandemia. ¡Incluso en español!

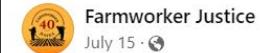
Infórmate más sobre la cobertura de salud mental aquí: bit.ly/3zZaBDW

Si la pandemia te ha hecho sentir ansioso, deprimido o abrumado, habla con tu centro de

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Farmworker Justice

July 15 ·



3

Mental health care may sound expensive—but there are free resources and programs to help you pay. You have options!

Read more about mental health during the pandemic here: bit.ly/3QF7Yy

If you're feeling anxious or depressed because of COVID-19, talk to your local health center, or call one of the resources below for free support in Spanish.

National Alliance on Mental Illness Hotline: text HOME to 741741

SAMHSA National Helpline: 1-800-662-4357

Suicide Prevention Lifeline: 1-800-273-8255

El cuidado de la salud mental puede parecer caro, pero hay medios y programas gratuitos para ayudarte a pagar. ¡Tienes opciones!

Infórmate más sobre el cuidado de la salud mental durante la pandemia aquí: bit.ly/3zZaBDW

Si te sientes ansioso o deprimido a causa del COVID-19, habla con tu centro de salud local o llama a uno de los medios que aparecen a continuación para obtener apoyo gratuito en español.



Write a comment...





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Farmworker Justice
July 14 ·

When you're sick, you see a doctor for your body. When you're depressed, why not visit one for your mind?

Mental health care is for everyone, to help you learn to manage your feelings. It can help you with depression and grief from the pandemic.

Read more about it here: bit.ly/3QF7iYy

Talk to your local health center about mental health care today, or contact one of the following resources—all available in Spanish.

National Alliance on Mental Illness Hotline: text HOME to 741741

SAMHSA National Helpline: 1-800-662-4357

Suicide Prevention Lifeline: 1-800-273-8255

Cuando estás enfermo, visitas a un médico para tu cuerpo. Cuando estás deprimido, ¿por qué no visitar a uno para tu mente?

La educación sobre la salud mental es para todos, para ayudarte a aprender a manejar tus sentimientos. Puede ayudarte con la depresión y el sufrimiento por la pandemia y la vida

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We love doing things as a family—so we got vaccinated as a family, too.

The Pfizer COVID-19 vaccine is approved for children 6 months and older and protects them from severe illness. Read more about it here: bit.ly/3t79a2c

Schedule your child's appointment today!

Nos encanta hacer cosas en familia, así que también nos vacunamos como familia.

La vacuna COVID-19 de Pfizer está aprobada para niños de 6 años meses y mayores. Infórmate más sobre esto aquí: bit.ly/38Y9v0d

¡Programa las citas de tus hijos hoy mismo!

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#poderenlavacuna #vacunarespoder
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www.poderensalud.org
www.vaccines.gov
<https://www.cdc.gov/.../2019-ncov/vaccines/faq>



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Farmworker Justice
June 16 ·

Do your children miss playing with their friends? With the COVID-19 vaccine – and some other basic precautions like masking and playing outdoors – they can, without risking severe illness.

The Pfizer COVID-19 vaccine is approved for children 5 years and older and protects them from severe illness. Read more about it: bit.ly/3t79a2c

Get your child vaccinated today!

¿Tus hijos echan de menos jugar con sus amigos? Con la vacuna COVID-19, y algunas otras precauciones básicas como el uso de cubrebocas y jugar al aire libre, podrán hacerlo, sin arriesgarse a que contraigan una enfermedad grave.

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y los protege de enfermedades graves. Infórmate más sobre esto aquí: bit.ly/38Y9v0d

¡Vacuna a tus hijos hoy mismo!

#FarmworkerJustice #JusticiaCampesina
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 Farmworker Justice

June 14 · 

Did you know? The Omicron COVID-19 variant hospitalized four times as many children as the Delta variant at its height. Why take a chance with your child's health?

The Pfizer COVID-19 vaccine is approved for children 5 years and older and protects them from severe illness. It may soon be approved for children 4 years and under, as well. Read more about it here: bit.ly/3t79a2c

Schedule your child's vaccine appointment today!

¿Sabías que? La variante Ómicron COVID-19 hospitalizó a cuatro veces más niños que la variante Delta en su pico. ¿Por qué arriesgar la salud de tus hijos?

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y los protege de enfermedades graves. Es posible que pronto se apruebe también para los niños de 4 años o menos. Infórmate más sobre el tema aquí: bit.ly/38Y9v0d

¡Programa las citas para la vacuna de tus hijos hoy mismo!

#FarmworkerJustice #JusticiaCampesina



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Farmworker Justice June 10 · [... 3](#)

No matter the school policies, you can keep your child safe. With the COVID-19 vaccine, they'll be protected from a severe illness in the classroom. Read more about it here: bit.ly/3t79a2c

The Pfizer COVID-19 vaccine is approved for children 5 years and older. Schedule their appointment today!

Independientemente de las políticas escolares, puedes mantener a tus hijos seguros. Con la vacuna COVID-19, estarán protegidos de una enfermedad grave en el aula. Infórmate más sobre el tema aquí: bit.ly/38Y9v0d

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante. ¡Programa las citas de tus hijos hoy mismo!

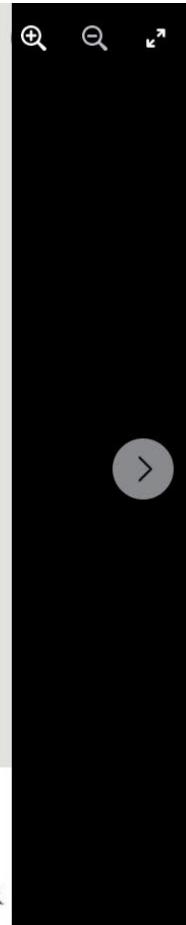
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<https://www.cdc.gov/.../2019-ncov/vaccines/faq-children.html> See less

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Visit the COVID-19 Information Center for vaccine resources.

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Farmworker Justice

June 2 ·

Did you know? The COVID-19 vaccine CAN protect your child from severe illness, it CANNOT give them COVID-19. It does not contain any live virus. Read more about it: bit.ly/3t79a2c

The Pfizer COVID-19 vaccine is approved for children 5 years and older and may soon be approved for children 4 years and under. Schedule their appointment today!

¿Sabías que? La vacuna COVID-19 protege a tu hijo de una enfermedad grave, sin embargo, no puede darle COVID-19. No contiene ningún virus vivo. Infórmate más sobre el tema aquí: bit.ly/38Y9v0d

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y pronto podría ser aprobada para niños de 4 años o menos. ¡Programa las citas de tus hijos hoy mismo!

#ProceedNCTSTA #FarmworkerJustice
#JusticiaCampesina
#poderensalud #powerinhealth #latinoscovid
#poderenlavacuna #vacunarespoder
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www.vaccines.gov

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PODER en SALUD
[Farmworker Justice]

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FARMWORKER JUSTICE



Farmworker Justice

May 31 ·

Safe for you, safe for the whole family! The Pfizer COVID-19 vaccine is approved for children 5 years and older and protects them from severe illness. Read more about it here: bit.ly/3t79a2c

Stay tuned, vaccines may soon be available for children 4 years and under as well! Schedule your child's appointment today!

Visit www.poderensalud.org or [ProceedNCTSTA](#) to learn more.

¡Seguro para ti, seguro para toda la familia! La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y los protege de enfermedades graves. Infórmate más sobre esta vacuna aquí: bit.ly/38Y9v0d

¡Está pendiente, porque es posible que pronto haya vacunas disponibles también para niños de 4 años o menos!

¡Programa las citas de tus hijos hoy mismo!

#farmworkerjustice #poderensalud
#powerinhealth #latinoscovid
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Isabel Gross

@IsabelG16840471

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Farmworker Justice @FarmwrkrJustice · Jul 15

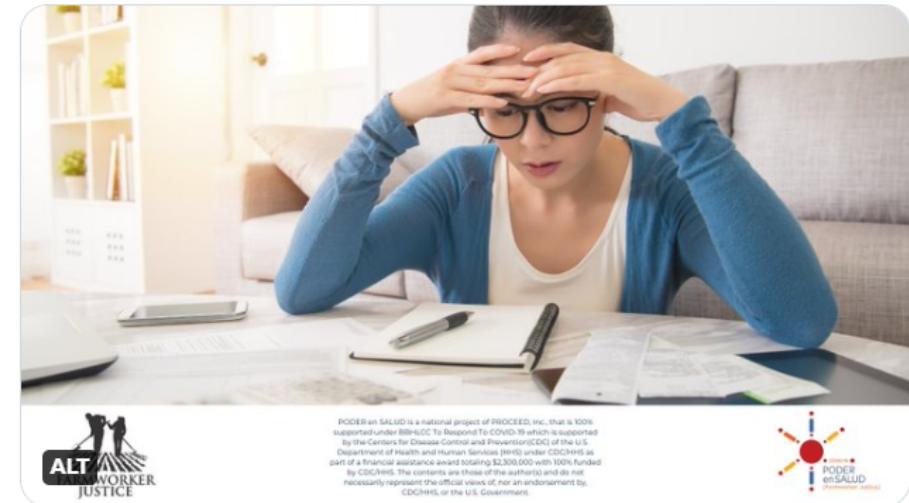
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There are free and low-cost mental health resources to help you through the pandemic. You have options!

Read more about mental health during COVID-19 here: bit.ly/3QF7iYy ✓

Then, reach out to:

National Alliance on Mental Illness Hotline: text HOME to 741741 for help!



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Farmworker Justice @FarmwrkrJustice · Jul 15

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Existen recursos de salud mental gratuitos y de bajo costo para ayudarte a superar la pandemia. ¡Tienes opciones!

Infórmate más sobre la salud mental durante el COVID-19 aquí:

bit.ly/3zZaBDW ✓

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Mental health care is for everyone. It can help you manage depression and grief from the pandemic.

Read more about it here: bit.ly/3QF7iYy ✓

For support, contact:

National Alliance on Mental Illness Hotline: text HOME to 741741



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Farmworker Justice @FarmwrkrJustice · Jul 14

La atención a la salud mental es para todos. Puede ayudarte a manejar la depresión y el cansancio por la pandemia.

Infórmate más sobre esto aquí: bit.ly/3zZaBDW ✓

Línea directa de la Alianza Nacional de Enfermedades Mentales: envía el



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@IsabelG16840471



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Farmworker Justice @FarmwrkrJustice · Jul 7

Are you depressed or anxious because of COVID-19? You're not alone.

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Read about it here: bit.ly/3QF7iYy ✓

Then reach out to National Alliance on Mental Illness Hotline: text HOME to 741741



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Farmworker Justice @FarmwrkrJustice · Jul 7

¿Estás deprimido o ansioso a causa de COVID-19? No estás solo.

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Infórmate sobre esto aquí: bit.ly/3zZaBDW ✓

Comunícate con la línea directa de la Alianza Nacional de Enfermedades Mentales: envía el mensaje HOLA al 741741

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Farmworker Justice @FarmwrkrJustice · Jul 5

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If you're feeling depressed or anxious because of the pandemic, there are people to reach out to.

Read about mental health here: bit.ly/3QF7iYy ✓

And then contact National Alliance on Mental Illness Hotline: text HOME to 741741



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Farmworker Justice @FarmwrkrJustice · Jul 5

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Si te sientes deprimido o ansioso por la pandemia, hay personas a las que puedes contactar.

Infórmate sobre salud mental aquí: bit.ly/3zZaBDW ✓

Y ponte en contacto con--

Línea directa de la Alianza Nacional para las Enfermedades Mentales: envía el mensaje HOLA al 741741

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Farmworker Justice @FarmwrkrJustice · Jul 1

Want to protect your family from COVID-19? Get the COVID-19 vaccine!

The Pfizer COVID-19 vaccine protects children from severe illness and is approved for children 6 months and older. Read more about it:
bit.ly/3t79a2c ✓

Get your child vaccinated against COVID-19 today!



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Farmworker Justice @FarmwrkrJustice · Jul 1

¿Quieres proteger a tu familia? ¡Vacúnense contra el COVID-19!

La vacuna COVID-19 de Pfizer protege a los niños de una enfermedad grave y está aprobada para niños de 6 meses y mayores. más información aquí:
bit.ly/38Y9vOd ✓

Vacuna a tus hijos contra el COVID-19 hoy mismo!



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Farmworker Justice @FarmwrkrJustice · Jun 29

You can worry less about your child getting sick from COVID-19. The Pfizer COVID-19 vaccine protects them from severe illness and hospitalization. It has been approved for children 6 months and older.

Read more here and get your child vaccinated today: bit.ly/3t79a2c ✓



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Farmworker Justice @FarmwrkrJustice · Jun 29

Puede preocuparse menos de que tus hijos se enfermen a causa de COVID-19. La vacuna Pfizer COVID-19 les protege de enfermedades graves y de la hospitalización.

¡Infórmate más sobre esto aquí y vacuna a tus hijos hoy mismo:
bit.ly/38Y9v0d ✓



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Farmworker Justice @FarmwrkrJustice · Jun 29
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 Farmworker Justice @FarmwrkrJustice · Jun 27
Protect your child by getting them the COVID-19 vaccine.

The Pfizer COVID-19 vaccine is approved for children ages 6 months and older. Read more about it: bit.ly/3t79a2c ✓

Schedule your child's COVID-19 vaccine appointment today!



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 Farmworker Justice @FarmwrkrJustice · Jun 27
Protege a tus hijos aplicándole la vacuna COVID-19.
La vacuna COVID-19 de Pfizer está aprobada para niños de 6 años meses y mayores. Infórmate más sobre esto aquí: bit.ly/38Y9v0d ✓
¡Programa la cita para la vacuna COVID-19 de tus hijos hoy mismo!

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Farmworker Justice @FarmwrkrJustice · Jun 23

Get vaccinated as a family!

The Pfizer COVID-19 vaccine is approved for children 6 months and older.
Read more about it here: bit.ly/3t79a2c ✓

Get the COVID-19 vaccine for your child today!



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Farmworker Justice @FarmwrkrJustice · Jun 23

Protege a tus hijos aplicándole la vacuna COVID-19.

La vacuna COVID-19 de Pfizer está aprobada para niños de 6 años meses y mayores. Infórmate más sobre esto aquí: bit.ly/38Y9v0d ✓

¡Programa la cita para la vacuna COVID-19 de tus hijos hoy mismo!



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Farmworker Justice @FarmwrkrJustice · Jun 16

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Kids should be able to play with each other – without increasing their risk of severe illness.

Get the Pfizer COVID-19 vaccine for your child today!

Read more about it here: bit.ly/3t79a2c ✓



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Farmworker Justice @FarmwrkrJustice · Jun 14

COVID-19 is dangerous for children, too. But you can protect them. The Pfizer COVID-19 vaccine is approved for kids ages 5 and up.

Read more: bit.ly/3t79a2c ✓

Then vaccinate the whole family!



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Farmworker Justice @FarmwrkrJustice · Jun 14

COVID-19 también es peligroso para los niños. Pero tú puedes protegerlos. La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante.

Infórmate más sobre esto aquí: bit.ly/38Y9v0d ✓

Luego, ¡vacuna a toda la familia!



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Farmworker Justice @FarmwrkrJustice · Jun 10

By getting your child vaccinated for COVID-19, you are helping children stay safe while at school.

Read more about the COVID-19 vaccine: bit.ly/3t79a2c ✓

Then get your child vaccinated!



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Farmworker Justice @FarmwrkrJustice · Jun 10

Al vacunar a tus hijos contra el COVID-19, estás ayudando a que los niños estén seguros en la escuela.

Infórmate más sobre la vacuna COVID-19 aquí: bit.ly/38Y9v0d ✓

¡Luego, vacuna a tus hijos!

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Farmworker Justice @FarmwrkrJustice · Jun 6

The COVID-19 vaccine will not affect you or your child's fertility. Read more about it here: bit.ly/3t79a2c ✓

Help your family. Get every family member, 5 years and older, vaccinated today!



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Farmworker Justice @FarmwrkrJustice · Jun 6

La vacuna COVID-19 no afectará tu fertilidad ni la de tus hijos. Infórmate más sobre este tema aquí: bit.ly/38Y9v0d ✓

Ayuda a tu familia. ¡Haz que todos los miembros de la familia, de 5 años en adelante, se vacunen hoy mismo!

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Farmworker Justice @FarmwrkrJustice · Jun 2

The COVID-19 vaccine cannot give your child COVID-19. Learn more here:
bit.ly/3t79a2c ✓

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Then, schedule a COVID-19 vaccination appointment!

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#poderensalud #powerinhealth #latinoscovid #poderenlavacuna
#vacunarespoder #saludenlavacuna



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Farmworker Justice @FarmwrkrJustice · Jun 2

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Farmworker Justice @FarmwrkrJustice · May 31

The Pfizer COVID-19 vaccine is for kids age 5 and up, as well as adults! Approval for children 4 years and under may be coming soon.

Read more: bit.ly/3t79a2c ✓

Schedule your child's appointment today.

#FarmworkerJustice #poderensalud #powerinhealth #latinoscovid



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Farmworker Justice @FarmwrkrJustice · May 31

Visit poderensalud.org ✓ or @ProceedNCTSTA for more information.

#poderenlavacuna #vacunarespoder #saludenlavacuna



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ⓘ Visit the COVID-19 Information Center for vaccine resources. >



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farmworkerjustice Your child should be able to play with their friends without increasing their risk of severe illness. With the COVID-19 vaccine, they can!

The Pfizer COVID-19 vaccine is approved for children 5 years and older and protects them from severe illness. Read more about it at the link in our bio.

Schedule your child's appointment today!

Tus hijos deberían poder jugar con sus amigos sin aumentar el riesgo de enfermedades graves. Con la vacuna COVID-19, ¡puede hacerlo!

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y les protege de enfermedades graves. Infórmate más sobre esto en el enlace de nuestra biografía.

¡Programa las citas de tus hijos hoy mismo!

@proceednctsta

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[\(i\) Visit the COVID-19 Information Center for vaccine resources. >](#)



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farmworkerjustice Don't risk your child getting severely sick from COVID-19. Be safe and sign them up for the Pfizer vaccine.

Read more about the COVID-19 vaccine – approved for children 5 years and older – at the link in our bio.

Schedule your and your family's COVID-19 vaccination appointments today!

No te arriesgues a que tus hijos se enfermen gravemente por el COVID-19. Protéjanse e inscríbelos para la vacuna de Pfizer.

Infórmate más sobre la vacuna COVID-19 (aprobada para niños de 5 años en adelante) en el enlace de nuestra biografía.

Programa hoy mismo tu cita para la vacunación contra el COVID-19 y la de tu familia.

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[\(1\) Visit the COVID-19 Information Center for vaccine resources. >](#)



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farmworkerjustice It takes everyone to make school a safe place for kids. Do your part by vaccinating your child against COVID-19.

Get yourself and your family vaccinated for COVID-19 today!

Se necesita de todo el mundo para que la escuela sea un lugar seguro para los niños. Haz tu parte: ¡vacúinate, y vacuna a tu familia contra COVID-19!

¡Vacúinate a ti mismo y vacuna a tus hijos contra el COVID-19 hoy mismo!

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COVID-19 vaccines go through many tests for safety and effectiveness and are then monitored closely. (Source: World Health Organization)

Source: World Health Organization



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farmworkerjustice Fact: The COVID-19 vaccine will not affect your or your child's fertility in the future. Read more about it at the link in our bio.

Get your child vaccinated today!

Verdad: La vacuna COVID-19 no afectará tu fertilidad ni la de tu hijo en el futuro.

¡Vacuna a tus hijos hoy mismo!

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[\(i\) Visit the COVID-19 Information Center for vaccine resources. >](#)



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farmworkerjustice Here's the truth: the COVID-19 vaccine can protect your child from severe illness. It cannot give them COVID-19. Read more about it at the link in our bio.

The Pfizer COVID-19 vaccine is approved for children 5 years and older and may soon be approved for children 4 years and under. Schedule their appointment today!

Aquí está la verdad: la vacuna COVID-19 protege a tu hijo de enfermedades graves. No puede transmitirles COVID-19. Infórmate más al respecto en el enlace de nuestra biografía.

La vacuna COVID-19 de Pfizer está aprobada para niños de 5 años en adelante y pronto podría ser aprobada para niños de 4 años o menos. ¡Programa la cita de tus hijos hoy mismo!

@proceednctsta

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