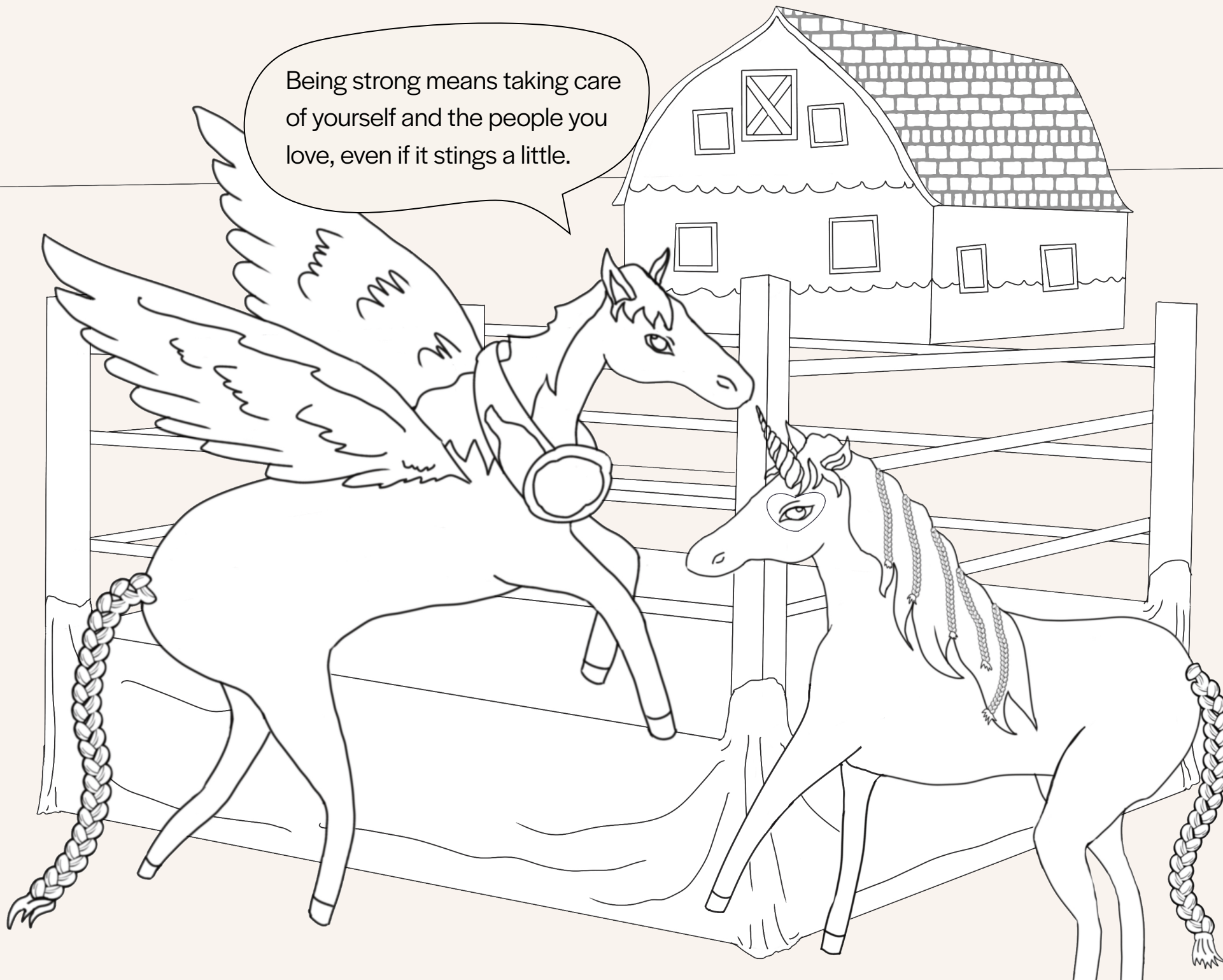


Grandma, Mom says
I need to get the flut shot,
and I'm scared!

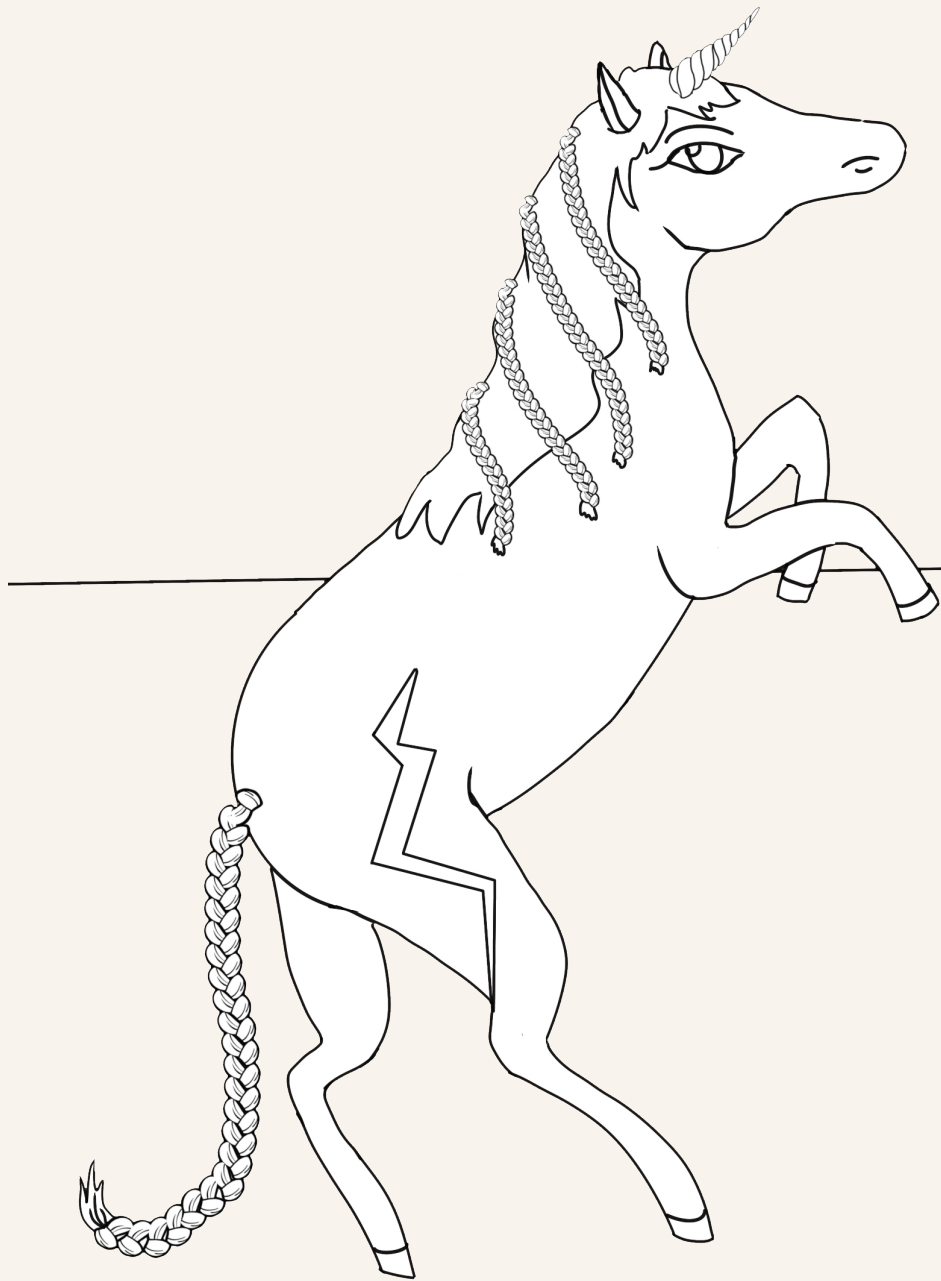
Millie, you don't have to be scared.
I just got my COVID vaccination to help
me stay strong!

Being strong means taking care
of yourself and the people you
love, even if it stings a little.



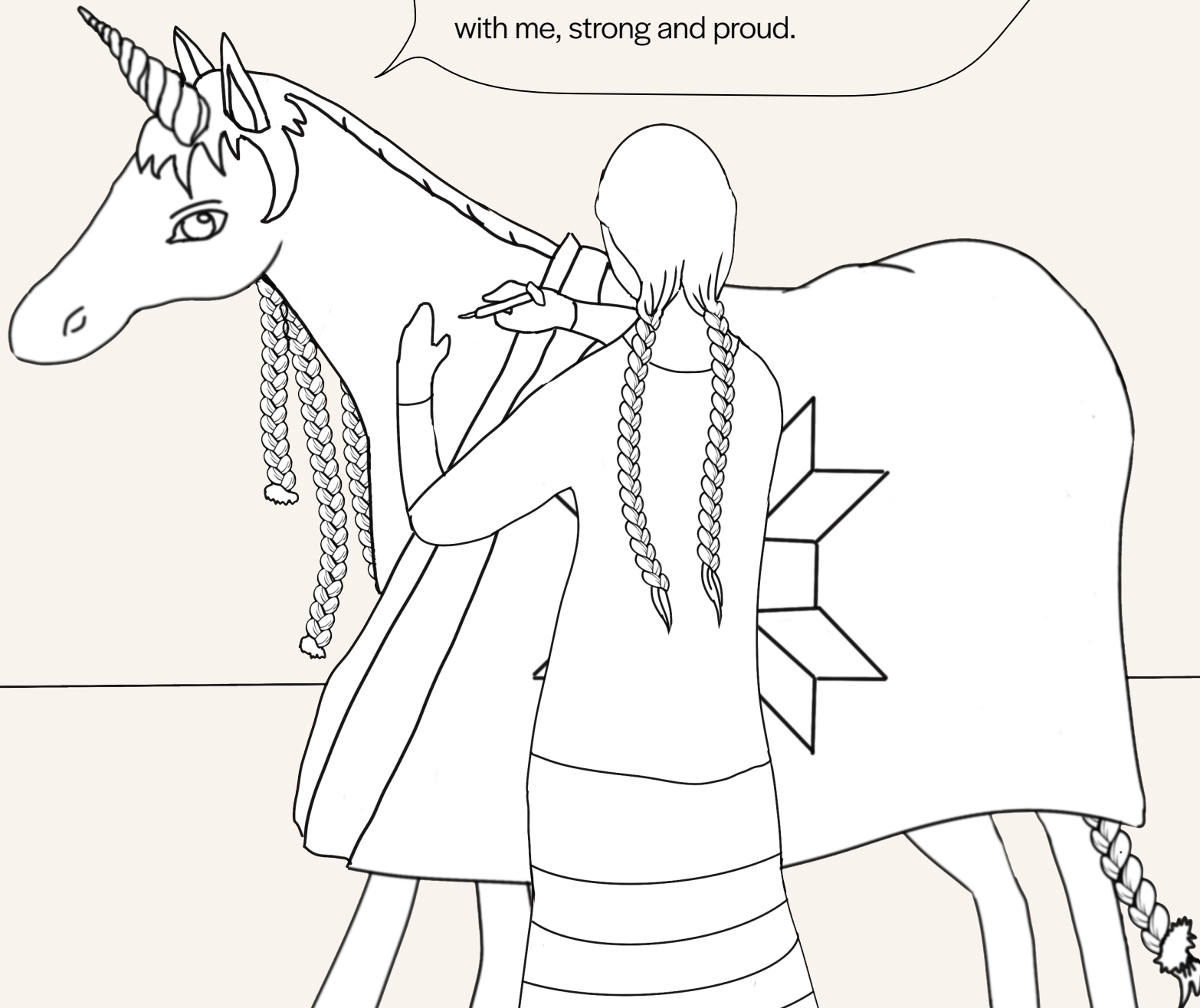
Getting vaccinated
kept me healthy,
so I could keep wrestling
for my title—and
for our family.





I'm feeling happy
to go to the doctor
to get my flu shot
because I want to be
part of helping protect
my family.

My heart is full of strength, courage, and love.
I could feel my ancestors and family
with me, strong and proud.



Taking care of myself means I can help take care of others—and that makes me a warrior!

