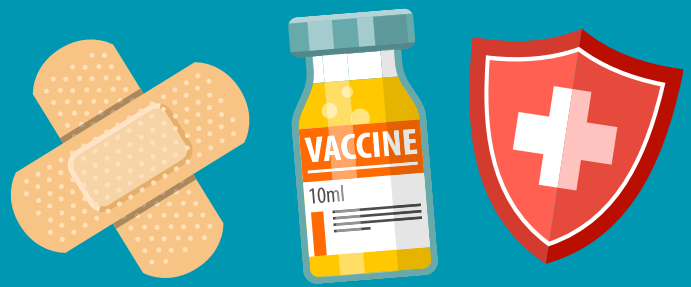


# Vaccines

## Why Are They important?



### Vaccination Is A Safe, Highly Effective And Easy Way To:

- Protect yourself from diseases and severe illness.
- Prevent you from spreading diseases to others who might get very sick, like older people, those with weak immune systems, pregnant individuals and people who cannot be vaccinated, including infants in some cases.

### Who Needs Vaccines?

- Everyone can benefit from vaccines, from newborns to adults.
- Vaccines are recommended based on your age and health conditions, and you may need them for school, work, travel or childcare.
- For the best protection, it's essential to stay up to date on vaccines by getting all the recommended doses.



To learn what vaccines are recommended for you, ask your health care provider or pharmacist. For a list of recommended vaccines, visit: <https://www.cdc.gov/vaccines>.

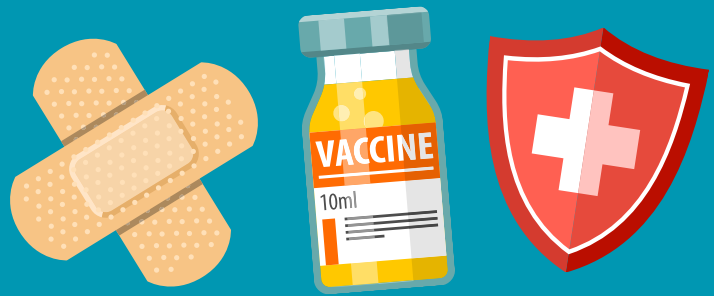
### How Do Vaccines Work?

- Vaccines teach your body to recognize harmful viruses or bacteria and create special antibodies to keep you healthy if you ever get infected.
- There are different types of vaccines. They can be given as injections, orally or through the nose.
- Many things can affect the level of protection a vaccine provides, including the amount of exposure to infection, time since receiving the vaccine and personal health factors. While no vaccine is 100% perfect, they are the best way to protect you from severe illness.



# Vaccines

## Why Are They Important?



### How Do We Know Vaccines Are Safe?

- Before any new vaccine is made available to the public, a lot of testing is done to know that it's safe and provides significantly more protection than if a person is not vaccinated at all.
- Federal agencies approve new vaccines and monitor how they are used, side effects and effectiveness, making changes as needed.
- Extensive research by scientists, hospitals and universities have debunked vaccine myths and misinformation. Vaccines are not linked to autism or infertility, nor do they alter DNA or cause disease.

### Why Might I Feel Bad After Getting A Vaccine?

- Like medicine, vaccines can have side effects, such as fever, tiredness, headaches, and swelling where the vaccine was given.
- These side effects show that your body is building protection against the virus.
- Most people only get mild side effects, or none at all. Side effects usually go away on their own within a few days.
- Serious side effects are rare. If side effects get worse, worry you or last more than two days, contact your provider.



### Public Health Call Center

For more information, the Public Health Call Center is open 8 a.m. to 8 p.m. seven days a week at **1-833-540-0473**.

