

5 TRUTHS YOUR DOCTOR WANTS YOU TO KNOW ABOUT VACCINES

FROM THE FAMILY HEALTH
FOUNDATION OF ILLINOIS

VACCINES ARE SAFE AND THEY WORK

Not only are vaccines a very safe medical product, they can help you avoid getting sick and spending extra money to get better. The risks with vaccines are much smaller than the benefits – which include saving money to treat diseases, preventing cancer, and even preventing death!

YOU WON'T CATCH THE DISEASE FROM ITS VACCINATION

Vaccines are made from parts of an infectious substance, or a weakened one. They trick your body's immune system into thinking it already had the disease, so your body forms its own antibodies. This is why you might feel a little "sick" after getting a vaccine.

VACCINES PROTECT YOU AND YOUR FAMILY

Diseases can strike anyone at any age, even if you're young and healthy. These diseases could cause not only you, but the children and elderly people in your life to get very sick, or even die. Not only will getting vaccinated help you protect yourself, you'll protect your loved ones, too!

VACCINES (AND BOOSTERS) KEEP YOU HEALTHY

The Centers for Disease Control and Prevention (CDC) recommends vaccines for people of all ages to provide a lifetime of protection.

Protect yourself! Visit your family doctor today to talk about vaccines and boosters for yourself and your family.

THESE DISEASES AREN'T GOING AWAY

For many diseases, such as measles, meningitis, HPV, pneumococcal disease etc., the numbers of illnesses and deaths have gone down. The viruses and bacteria still exist and can be passed onto people who have not been vaccinated. Since people can fly around the world in a day, it's easy for diseases to travel, too.