

VACCINE 101

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WHAT IS A VACCINE?

A vaccination is a simple, safe, and effective way of protecting people against harmful diseases before they encounter them. They build resistance to specific infections and viruses and strengthen your immune system.

HOW DOES IT WORK?

Vaccines reduce the risk of getting a disease by working with your body's natural defense system to help build protection.

When you get a vaccine, your immune system responds by recognizing the invading infection or virus; producing proteins (antibodies) to fight the disease; then remembering the infection or virus for the future and how to fight it.

WHAT DISEASES DO THEY PROTECT YOU AGAINST?

Vaccines protect against many different diseases, including COVID-19, influenza, measles, pneumonia, tetanus, and hepatitis B.

Some vaccines are only given prior to travel, in areas of increased risk, or to people in high-risk occupations.

WHY SHOULD I GET VACCINATED?

Two key reasons to get vaccinated are to protect ourselves and to protect those around us. Not everyone can be vaccinated (depending on the vaccine) including babies and youth, those who are seriously ill or have allergies to vaccine ingredients. These individuals depend on others to ensure they remain safe from vaccine-preventable diseases. If you are unsure if you or your loved one should get a particular vaccine, talk to your medical professional.

