

Why vaccines matter to your health

Preventive care can be confusing—but getting vaccinated shouldn't be. Vaccines are a safe, proven way to protect your health—and your family's. From childhood immunizations to flu, COVID, and RSV shots, vaccines have saved millions of lives. With so much misinformation on the internet and social media, it's normal to feel unsure about what's true. This guide will help you understand how vaccines work and why you should get them.



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WHAT ARE VACCINES?

Vaccines help protect you from serious—and sometimes deadly—infectious diseases. They work by helping your body build immunity without having to get sick first.

HOW DO VACCINES WORK?

Vaccines “train” your immune system to recognize and fight harmful germs. They use a safe form of the virus or bacteria so your body can learn to defend itself—without causing the illness.

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ARE VACCINES SAFE?

Yes. Vaccines are among the most closely monitored medical products in the world, used safely for more than 200 years. Before any vaccine is approved, it goes through years of testing. And scientists and doctors monitor them to make sure they stay safe and effective.

WHY SHOULD I GET VACCINATED?

Vaccines protect you from dangerous diseases like measles, polio, and tetanus—and they reduce your risk of serious illness from flu, COVID, and RSV. Getting vaccinated also protects the people around you—like newborns, older adults, and those with weak immune systems.

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WHAT SHOULD I DO NEXT?

Doctors still recommend routine childhood immunizations, annual flu shots, and COVID and RSV vaccines for eligible adults and children. Vaccine availability may vary by location or pharmacy, but your doctor or local clinic can guide you on what's needed and where to get it.

Still have questions? **Talk to your doctor.** Your doctor has the training and knowledge to help you make informed decisions about your family's health. Don't rely on social media—get answers from someone you trust.



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