

A young woman with long, wavy brown hair and freckles is smiling broadly. She is wearing a yellow ribbed tank top under a blue denim jacket. A colorful, striped adhesive bandage is on her left shoulder. The background is a plain, light grey.

VICTORS VACCINATE

...and you should, too.

Your 101 Guide to Vaccines

Hesitant about vaccines?

That's okay!

Here are some fast facts to help you feel more comfortable.



Vaccines prevent between **two and three million** deaths each year in all age groups.¹ In the last 50 years, global immunization efforts have saved **154 million** lives!²



Vaccines are the best way to protect yourself from preventable diseases like **polio, measles, Hepatitis B, influenza (aka: the flu), pneumonia, chicken pox, shingles and tetanus.**³



Taking steps to prevent a disease or illness before it happens is far more effective and beneficial than treating it afterward.



Widespread vaccination, called **herd immunity**, protects communities from outbreaks. Maintaining herd immunity is important in protecting vulnerable populations.

1: <https://www.who.int/mongolia/health-topics/vaccines/10-facts-on-immunization>

2: <https://www.who.int/news/item/24-04-2024-global-immunization-efforts-have-saved-at-least-154-million-lives-over-the-past-50-years>

3: <https://www.cdc.gov/vaccines-adults/diseases/index.html>

4: <https://www.aap.org/en/patient-care/measles/measles-vaccine/#:~:text=The%20CIT%20for%20measles%20is,measles%20infections%20in%20their%20community>

5: <https://www.cdc.gov/polio/vaccines/index.html>

6: <https://www.vaccinesafety.edu/vaccine-preventable-diseases/>

7: <https://www.cdc.gov/shingles/vaccines/index.html>



Answering Some Common *Questions*

How do vaccines work?

Vaccines work by imitating an infection. This allows your body to engage in its normal defense against the disease and build immunity.

Can you still get infected after being vaccinated?

It takes weeks to develop immunity after a vaccine, so it's possible to become infected in the weeks following your vaccination. After that, vaccinated people sometimes still get infected, but they're far less likely to fall seriously ill or die.

Are Vaccines Worth It?

92%-94% of the population needs to remain vaccinated to nearly eliminate the chances of an outbreak or epidemic of the measles.⁴


99% protection against the poliovirus is provided by three doses of the polio vaccine.⁵


100% efficacy in preventing tetanus, 95% efficacy in preventing diphtheria and 98% efficacy in preventing whooping cough is achieved by the Tdap vaccine.⁶


90%+ efficacy in preventing shingles in adults over 50, with healthy immune systems, who receive two doses of the zoster (shingles) vaccine.⁷


Vaccines


MYTHS VS. FACTS


 *You can get the disease from a vaccine.*


 Vaccines are designed to safely stimulate the immune system without causing the illness they protect against.


 *Vaccines aren't vetted well before they are available to the public.*

 Before a vaccine is made available to the public, it goes through a lengthy and rigorous clinical trial process. After the clinical trial process is completed, the vaccine is submitted to the Food and Drug Administration (FDA) for review, approval and ongoing safety monitoring.

 *Vaccines cause major side effects.*

 Side effects are typically minor. You may experience soreness where the shot was given, fussiness or low-grade fever. These side effects only last a couple of days and are treatable.

 *Vaccines contain dangerous and toxic ingredients.*

 Ingredients in vaccines are found naturally in the body, in the food we eat and in the environment around us. Each ingredient in a vaccine is in a very small amount and will not poison or harm the body.

Have a question or concern about a vaccine?
Talk to your pharmacist!

