

Stop the Spread - Don't Wait Vaccinate!

Did you know... Immunizations have saved more lives in Canada than any other medical intervention! In fact, worldwide immunization prevents between 2-3 million deaths every year.

How do Vaccines Work?

Vaccines interact with the immune system to produce an immune response similar to that produced by the natural infection. They prevent diseases such as measles, mumps, pertussis, and varicella and complications arising from these diseases such as pneumonia, brain damage, blindness, loss of hearing, ear infections, limb amputation, cancers, and even death.

Common Vaccine Myths:

MYTH: Vaccines cause disease and lots of complications.

FACT: Vaccines do not cause the disease and are very safe. Most vaccine reactions are usually minor and temporary, such as a sore arm or mild fever. You are far more likely to be seriously injured by a vaccine-preventable disease than by a vaccine.

MYTH: Too many vaccines at one time will make you sick.

FACT: Scientific evidence shows that giving several vaccines at the same time has no adverse effect on a person's immune system and is safe. Every day our bodies come into contact with millions of germs, causing our immune system to work continuously to protect us. Even if you received 10,000 vaccines at one time, the body would still be able to respond without being overwhelmed.

MYTH: I'm not a child. I don't need to worry about vaccines now.

FACT:

- Adolescents need vaccines because they may be at increased risk for certain diseases like hepatitis, meningitis and cancer causing HPV (human papillomavirus) infections.
- Adults also require immunization to restore waning immunity against some vaccine preventable diseases and to establish immunity against other diseases that are more common in adults. Herpes zoster (shingles) and HPV vaccines are available for adults to purchase.
- Travellers are exposed to different health risks than they are at home. Vaccinations protect travellers from common illnesses like Hepatitis A.

MYTH: If I don't vaccinate, it only impacts me.

FACT: Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems. If people are not vaccinated, diseases that have become uncommon, such as polio and measles, will quickly reappear.

**STRENGTHEN
YOUR DEFENSE**



National Immunization 
Awareness Week 2018

For more information on vaccinations, call your local Public Health office or visit our health region website at <http://www.rqhealth.ca/> or Immunize Canada at <https://immunize.ca/>.