


# 5 Facts about Vaccines

Check with your doctor to make sure you and your family are fully protected.

**1**



**MYTH**  
*"The effectiveness of vaccines has never been proven."*

**FACT**  
Widespread use of vaccines has nearly wiped out diseases like small pox, measles and polio since the mid-1900s.


**2**



**MYTH**  
*"Vaccinations cause the diseases that they are meant to prevent."*

**FACT**  
Vaccines contain dead or weakened viruses. Exposure to these help the body recognize and produce antibodies to protect against the disease.

**3**



**MYTH**  
*"I don't need to vaccinate if everyone else does."*

**FACT**  
"Herd immunity" reduces the chance of outbreak when a large percentage of a community is immunized against a disease. If too many people don't vaccinate, it opens up opportunities for diseases to establish themselves and spread, especially to those who are medically vulnerable and cannot be vaccinated.


**4**



**MYTH**  
*"Vaccines cause health issues in children."*

**FACT**  
There is no credible scientific study linking vaccination to autism — the condition that most inspires this myth.

**5**



**MYTH**  
*"Vaccines aren't worth the risk."*

**FACT**  
Diseases prevented by vaccines can be serious – even deadly.