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WHAT'S THE REAL STORY ON VACCINES?

We all hear a lot about vaccines and vaccine safety. It's critical for your child's health that you know the important facts. The bottom line is that vaccines preserve life and livelihood, the science is clear on that.

DO WE REALLY NEED VACCINES?
ABSOLUTELY! It's a fact that vaccines save lives on an individual and massive scale.

Case per Year in 20th Century	PERCENT VACCINATED	2010 Reported Cases
29,005	0%	0
21,053	0%	0
16,316	0%	0
152	0%	0
530,217	0%	63
47,745	0%	5
20,000	0%	246
162,344	88%	2,612
580	95%	26
200,752	93%	27,550

THE BIG QUESTIONS

DO VACCINES CAUSE AUTISM? **NO!**
The myth that the MMR vaccine causes autism came from a now-discredited study. Numerous scientific studies have shown NO association between MMR immunization among young children and an increase in autism.

DO THEY CAUSE MORE HARM THAN GOOD? **NO!**

EFFECTS OF CATCHING DISEASE

MEASLES
38% of children younger than 5 who had measles were treated in hospitals.
Can lead to pneumonia, lifelong brain damage, deafness—even death.
1-3 out of 1,000 US children who get measles will die.

MUMPS
Though usually mild, it can cause serious problems, including meningitis and deafness, and can be deadly.

RUBELLA
Most dangerous for a fetus: can cause miscarriage or birth defects like deafness, intellectual disability, and heart defects.
85/100 babies born to mothers who had rubella in the first trimester will have a birth defect.

IN CONTRAST, ANY POTENTIAL SIDE EFFECTS FROM GETTING THE VACCINE ARE RARE AND USUALLY MILD, SUCH AS SORENESS OR FEVER.

95% More than 95% of people who receive MMR shots become immune to all 3 diseases—AMAZING!

SOURCES: CDC, WHO, AAP, etc.

There Are Vaccines You Need as an Adult

You may not realize that you need vaccines throughout your life. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

- Influenza (flu) vaccine every year
- Td or Tdap vaccine



You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Learn more about what other vaccines may be recommended for you and talk to your healthcare professional about which vaccines are right for you.

national IMMUNIZATION awareness month

Adults need vaccines, too!

VACCINES are not just for kids.

READY FOR SCHOOL? Check those vaccine records.

#NIAM15 national IMMUNIZATION awareness month

Videos about vaccines:

Adults: <https://youtu.be/ZKcFzPk2l6U>

Children: <https://www.youtube.com/playlist?list=PLvvp9iOILTQbWnCdKVOZiv9KURxNc3rPo>

Pregnancy: <https://youtu.be/fcHYARib4Ko>

Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Did You Know?

- Meningococcal meningitis (swelling of the brain) can spread quickly, killing an otherwise healthy teen in 48 hours.
- Teens suffer tremendously from pertussis (also called whooping cough) but they can also transmit it to unprotected infants who are at greatest risk of long hospitalizations and even death.
- Because the viruses that cause influenza change regularly, vaccination is necessary every year.
- HPV vaccines will not prevent infection with other STIs such as herpes (HSV) or HIV.
- Most cases of tetanus in the United States happen when people who haven't been properly immunized get a cut or puncture wound. You need this shot every 10 years.