

Vaccines



Vaccines or immunizations are an easy and safe way to protect you from getting sick. It helps your body learn how to fight certain diseases before you're exposed to them, so your immune system is ready and stronger if you encounter those germs.

Why Vaccines Are Important

- Help your immune system recognize and fight infections quickly.
- Make it safer to travel and participate in school, work, and the community.
- Prevent the spread of disease.
- Protect from serious and potentially life-threatening diseases.
- Protect vulnerable people around you (older adults, babies, those with weakened immune systems).
- Reduce risk of hospitalization or complications.

Are Vaccines Safe?

- Serious side effects are rare.
- Side effects are usually mild and temporary, while protection lasts much longer. If these symptoms last longer than you expect or if you are worried, please contact your health care team. Some possible side effects include:
 - Feeling tired
 - Headache
 - Mild fever
 - Muscle and joint aches
 - Pain, swelling, redness where shot was given
- Vaccines are thoroughly tested to ensure safety and effectiveness before approval. They are also monitored carefully for safety after approval.

What Vaccines Do I Need?

Vaccines are recommended at different ages to provide the best protection at the right time. Talk to your health care team about what vaccine you need.

- Visit the [American Academy of Family Physicians \(AAFP\) webpage](#) for a typical vaccine schedule.
- Visit the [American Academy of Pediatrics \(AAP\) webpage](#) for a child and adolescent vaccine schedule.
- Visit the U.S. Centers for Disease Control and Prevention webpages for vaccine schedules.
 - [Recommended Vaccines for Young Children](#)
 - [Recommended Vaccines for Adults](#)