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# Vaccines – the Facts

**VACCINES CAN PREVENT FIRST NATIONS, INUIT AND MÉTIS PEOPLE FROM GETTING SICK, HAVING LIFE-LONG COMPLICATIONS OR DYING FROM SOME DISEASES.**

Diseases that can be prevented by vaccines are called vaccine-preventable diseases. Vaccines (also called immunizations) help protect people who may not be able to get vaccines, such as infants who are too young or people with some health conditions. Vaccines increase immunity to the diseases and limits their presence in the community.



**Check out this video:**  
<http://bit.ly/vaccine-purpose>

## Fact #1

The prevalence of chickenpox, whooping cough, measles, diphtheria and other infectious diseases has decreased in Canada because of the success of vaccines and immunization programs. However, the diseases are still around and just as infectious. For example, every year in Canada 1,000 to 3,000 people are diagnosed with pertussis (whooping cough) because not everyone has received the vaccine.

## Fact #2

Getting more than one vaccine at a time is safe and helps to protect babies, children and adults from vaccine-preventable diseases. Vaccine schedules – or the ages and timing that you and your children receive them – have been proven safe with research and over time.

## Fact #3

Most people who get vaccines do not experience any side effects. When there are side effects they are usually mild, like a fever or a rash, and would be much milder than having the disease itself. Scientific evidence shows that the risks of a serious reaction are rare.





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## Fact #4

Vaccines in Canada are tested very carefully to make sure that they are effective and safe before they are approved for use. Vaccines continue to be monitored for safety even after they are approved for use in Canada. Scientific evidence shows that the small amounts of vaccine ingredients are not dangerous to your health.

## Fact #5

A vaccine is an effective way of becoming immune to a disease without getting sick with the disease itself. Getting the disease can cause severe illness and may lead to life-long complications or death.

**For additional information, visit Immunize Canada at <https://immunize.ca>**

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