

# PARENT

# HEALTH BULLETIN



**APRIL 2022**

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## THIS MONTH'S TOPIC:

# WORLD IMMUNIZATION WEEK TEACHES ABOUT NEED FOR VACCINES



**F**or years, vaccines have helped us remain healthy. Each year in April, World Immunization Week highlights the collective action needed and promotes the use of vaccines to protect people of all ages against disease.

We all want what is best for our children. As parents, we know about the importance of car seats, baby gates, and other ways to keep them safe. However, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

In the last 30 years, child deaths have decreased by more than 50% thanks in large part to vaccines. Vaccines now help protect against more than 20 diseases, from pneumonia to cervical cancer to Ebola.

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# ***Vaccination is a highly effective, safe, and easy way to help keep your kiddo and family healthy.***

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However, with so much information, and sometimes-incorrect information, available today, it is important to learn the facts before making health decisions.

### **How do vaccines work?**

Vaccines are like teachers. They teach your child's immune system to protect them from deadly diseases. When your child gets a vaccine, the immune system gets to work right away. It takes what it learned from the vaccine so it can be ready if your child is exposed to harmful germs.

### **Are vaccines safe?**

Yes, vaccines are very safe! Making sure vaccines are safe is a priority for the Centers for Disease Control (CDC) and Food and Drug Administration (FDA). These organizations take many steps to ensure vaccines are safe both before and after the public begins using the vaccine.

Before a vaccine is ever given to people, the FDA oversees extensive lab testing of the vaccine that can take several years to make sure it is safe and effective. After the lab, testing in people begins. It can take several more years before the clinical studies are complete and the vaccine is licensed.

Once a vaccine is licensed, the FDA, CDC, National Institutes of Health (NIH), and other federal agencies routinely monitor its use and investigate any potential safety concerns.

Vaccines have been given to millions of children, teens, and adults. In fact, vaccines work so well that most reduce your child's risk of getting these diseases by 90% or more! It is an amazing way to protect your child so they can stay healthy and safe.

### **Why your child should get vaccinated**

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough.



- Vaccination is a highly effective, safe, and easy way to help keep your kiddo and family healthy.
- On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

### **Where can I find out more about immunizations?**

Always talk with your doctor about which immunizations your kids need. Working together, you can help keep your child healthy.

#### **REFERENCES:**

- <https://kidshealth.org/en/parents/fact-myth-immunizations.html>
- <https://kidshealth.org/en/parents/vaccine.html>
- <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/How-do-Vaccines-Work.aspx>
- <https://www.hhs.gov/immunization/get-vaccinated/for-parents/five-reasons>
- <https://www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html>

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