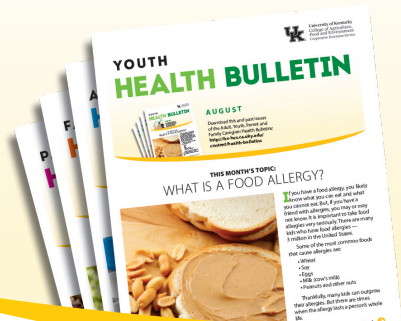




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

YOUTH HEALTH BULLETIN



APRIL 2022

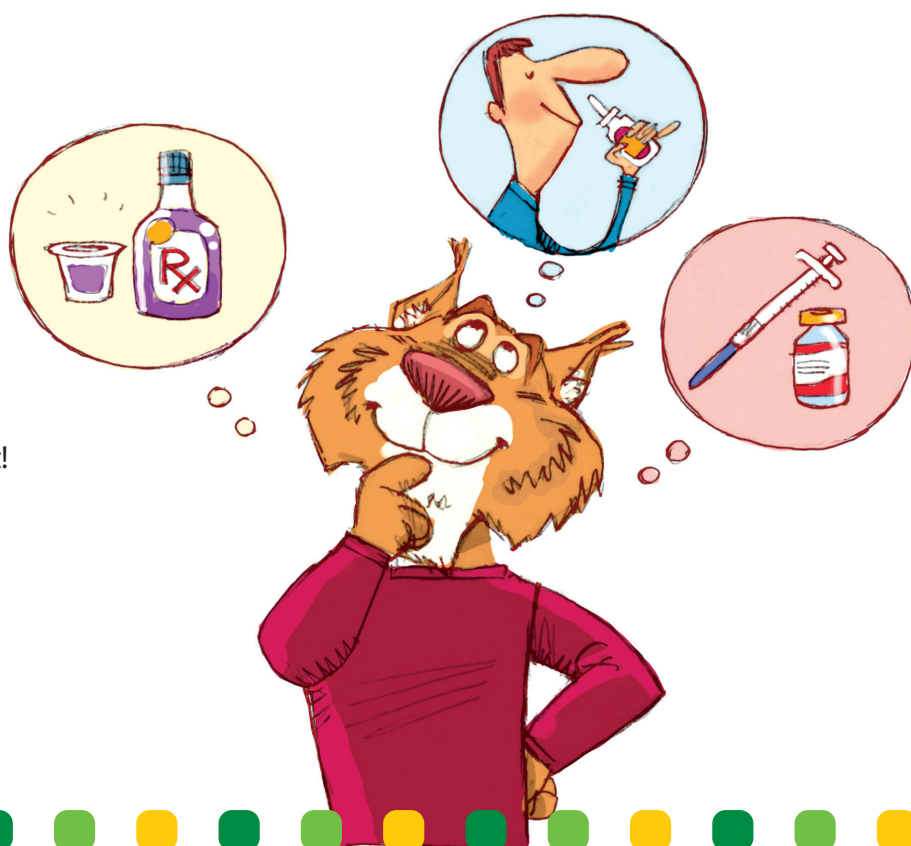
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THIS MONTH'S TOPIC:

VACCINES KEEP US AND OUR COMMUNITY SAFE

You have probably heard the word vaccine a lot recently. But sometimes it is hard to figure out what a vaccine really is. We usually think of vaccines as shots, but not all vaccines are given that way. Some are given orally (by mouth) or in other forms like a spray up your nose. However, most vaccines are given in the form of a shot. The good news is that the shot itself only lasts for a second, but you will be protected for a long, long time after that!

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Disabilities
accommodated
with prior notification.

Remember, getting a vaccine keeps you and your community healthy.

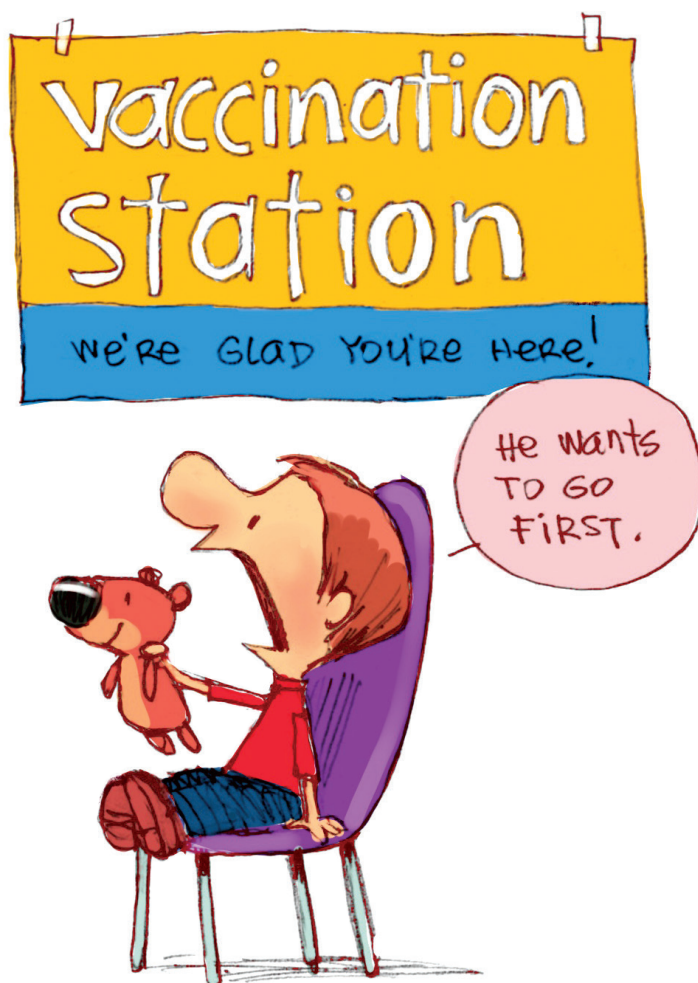
➔ Continued from page 1

Why are vaccinations important?

Shots keep you and everyone around you safe. When you get a shot, it means you are protected from a serious disease. When almost all kids have had the same shots, it means that these illnesses do not have much of a chance to make anyone sick. For example, your parents have probably had to show your school that you have had all your shots. Schools and camps do this because they do not want kids spreading or catching serious illnesses.

Does getting a shot hurt?

Getting a shot can sometimes hurt just a little. Shots are given by injection with a needle. A syringe holds the liquid vaccine, and the needle has a hole in it for the liquid to spray through. Shots are usually given in your arm and can sometimes feel like a pinch, but the pain usually goes away quickly. To make getting a shot easier, try bringing your favorite stuffed animal or asking your mom or dad to hold your hand while you are getting a vaccine.



Sometimes after a shot, your arm will be sore, look red, or have a small bump where the needle went in. That is OK and normal. Your mom or dad can talk to the doctor about any problems you have.

Remember, getting a vaccine keeps you and your community healthy. One little "ouch" moment keeps you protected against several major diseases for the rest of your life.

REFERENCES:

- <https://kidshealth.org/en/teens/immunizations.html>
- <https://kidshealth.org/en/kids/guide-shots.html>

YOUTH
HEALTH BULLETIN

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