



# Facts and Myths

## Don't fall for misinformation about vaccines.

Misinformation about vaccines is a way to distort the truth and manipulate public opinion, creating unfounded fears and doubts. When we know the facts about vaccines, we can make informed decisions to protect ourselves and our communities. This fact sheet was created in partnership with healthcare professionals and other trusted experts who want you to have the right tools to keep your family safer from preventable diseases. Here's the straight story on vaccines:

### Myth: Vaccines aren't important.

**Fact:** Vaccines are our most powerful tool for preventing outbreaks of disease. When the majority of people are vaccinated, it's harder for diseases to spread. This is how we safeguard folks who can't get vaccines, including babies, the elderly, and people with weaker immune systems due to illness or a genetic condition.

### Myth: Vaccine ingredients are harmful.

**Fact:** Vaccines are rigorously tested for safety and effectiveness. The ingredients they contain, such as preservatives and adjuvants, are present in very small amounts and are necessary for vaccine efficacy. These ingredients have been thoroughly studied and deemed safe by regulatory agencies.

### Myth: Vaccines cause autism.

**Fact:** Extensive research involving millions of children has consistently shown no link between vaccines and autism. The original study that suggested this link has been thoroughly discredited and retracted.

### Myth: Side effects are common and serious.

**Fact:** Like any medical intervention, vaccines can cause minor side effects such as soreness at the injection site or a low-grade fever. Serious side effects are extremely rare and are closely monitored by healthcare professionals and regulatory agencies.

### Myth: Natural immunity is better.

**Fact:** While natural immunity can develop after contracting a disease, it often comes at the cost of suffering through the illness and risking severe complications or even death. Vaccines offer a safer and more effective way to develop immunity without experiencing the full force of the disease.

### Myth: Vaccines are just for kids.

**Fact:** Vaccines are essential for people of all ages to prevent the spread of infectious diseases. Vaccination not only protects individuals but also helps to build community immunity, safeguarding those who cannot be vaccinated due to medical reasons.

### Myth: Vaccines stress our immune systems.

**Fact:** Our immune system is exposed to countless antigens every day. Vaccines contain only a tiny fraction of these antigens and are designed to stimulate a response that your immune system can easily manage while making your body better at fighting off illness.

### Myth: We don't have to worry about diseases.

**Fact:** While vaccines have successfully eliminated or greatly reduced the incidence of many diseases, the pathogens that cause them still exist. Without continued vaccination efforts, these diseases could make a comeback, leading to outbreaks and unnecessary suffering.