

VACCINES: THE FACTS YOU CAN TRUST

Are vaccines safe?

Yes, vaccines are **safe, effective and extremely well-researched**. Health Canada has a rigorous process to test vaccines before they are approved for Canadians. This can take up to 10+ years! After vaccines are approved, they are continuously monitored for safety.¹

What side effects should I expect?

Common vaccine side effects include a sore arm, fever or fatigue. These mild symptoms are normal signs that your body is developing protection.²

Serious reactions are very rare and may include things like a more serious allergic response. If you experience serious side effects after your vaccine, talk to a healthcare provider.²

Can I just get sick to build immunity?

Vaccines are a much safer way to train your immune system compared to getting sick from a disease. Contracting the disease itself puts you at risk of severe illness and long-term health outcomes. Even people who are healthy can experience these negative health outcomes, so it is better and safer to get the vaccine.³

Are vaccines only for kids?

Vaccines are for everyone! Even though kids receive more routine vaccines, vaccine-preventable illnesses don't end in childhood. These diseases can pose serious health risks throughout adulthood. Staying up to date with adult immunizations is vital for protecting your health, but also a cost-effective way to support the economy by keeping people healthy, productive, and out of the hospital.⁴

Common adult vaccines include:

- Shingles
- HPV
- Influenza
- RSV
- COVID-19
- Pneumococcal

Why get vaccinated if I'm healthy?

Even people with healthy immune systems can get very sick from vaccine-preventable diseases. Vaccines are here to **protect you and your loved ones!**



Stay informed and get vaccinated. Talk to your healthcare provider today!

Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.

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Resources

1. <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/development-approval-infographic.html>
2. <https://www.canada.ca/en/public-health/services/vaccination-children/safety-concerns-side-effects.html>
3. <https://www.ontario.ca/document/immunization-well-child-toolkit/why-vaccinations-are-healthy-choice-strong-immune-system>
4. <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-3-vaccination-specific-populations/page-2-immunization-of-adults.html>

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