

# Tips and Resources

# Vaccines 101



## Vaccines protect against diseases

Different types of vaccines work in different ways to offer protection. With all types of vaccines, your body will remember how to fight that virus in the future. It typically takes a few weeks after vaccination for the body to build up that protection.

## Vaccines are safe

Before a new vaccine is ever given to people, extensive lab testing is done. Once testing in people begins, it can sometimes take years before clinical studies are complete and the vaccine is licensed.

Once a vaccine is licensed, the Food and Drug Administration (FDA), CDC, National Institutes of Health (NIH), and other federal agencies routinely check its use and look into any potential safety concerns.

Today's vaccines use only the ingredients they need to be as safe and effective as possible. All ingredients of vaccines play necessary roles either in making the vaccine, triggering the body to develop immunity, or in ensuring that the final product is safe and effective.

Vaccines, like medicine, can have some side effects. But most people who get vaccinated have mild or no side effects. The most common side effects may include fever, tiredness, body aches, and redness, swelling, and tenderness at the site where the shot was given. Mild reactions usually go away on their own within a few days.

**It is always better to prevent a disease than to treat it after it occurs.**

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

Vaccines are tested to ensure they are safe and effective for children to receive at the recommended ages.

For more information visit: <https://www.cdc.gov/vaccines>