

VACCINES: LEARN THE FACTS

MYTH An idea or belief that is false.	FACT Something that is known/proved to be true.
Vaccines can cause autism spectrum disorder and/or trigger it after injection.	Multiple large-scale studies resulted in no link between vaccines, their ingredients and autism spectrum disorder.
There are no disease outbreaks, so we do not need vaccines.	When vaccination rates drop, immunity drops and we see outbreaks in our communities of diseases that have been eliminated like the measles.
Better hygiene can control the spread of diseases better than vaccines.	Better hygiene is a good practice, but it will not stop many diseases spread by droplets from a cough or sneeze that circulate in the air.
Vaccines can be deadly.	There are no reports of death in healthy people who get vaccines. We get vaccinated to protect ourselves from serious complications, to protect our loved ones and people who have auto immune diseases and cannot get vaccines.
I got vaccinated and still got the disease.	You may get sick even if you have been vaccinated. However, vaccines will reduce your risk of severe illness and even death.
Vaccines cause serious side effects.	Most vaccines cause mild side effects such as redness, swelling and pain at the injection site, fever, achiness and fatigue.
Too many vaccines can overwhelm my immune system	Studies show the number of vaccines you receive have no impact on your immune system function.
Vaccines contain unsafe toxins.	Preservatives are only used in multi-dose vials, many vaccines come in single pre-drawn syringes. Studies conducted show nothing used in vaccines will cause harm to healthy people. If you are concerned ask your provider for a preservative free vaccine.
I am healthy I do not need vaccines.	Vaccines work to protect your body before disease strikes. If you get sick it is too late, get your vaccine while you are healthy.

Sources:

- Davidson, Michael. Vaccination as a cause of autism-myths and controversies. Dialogues in clinical neuroscience vol. 19,4 (2017): 403-407. doi:10.31887/DCNS.2017.19.4/mdavidson
- <https://www.publichealth.org/public-awareness/understanding-vaccines/vaccine-myths-debunked/>