

# Reasons to #VAXN8

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## How Vaccines Work:

Did you know a vaccine is kind of like a fire drill? We do fire drills so that we know what to do in an emergency. A vaccine is something put into your body so that your body will know what to do if you are infected with the germs! Since your body already knows what to do, you won't get sick. This is called active immunity. Since children's immune systems are weaker, they can get sick a lot easier. This is why you should get vaccinated!

## Mercury that you think might be in your vaccines:

Some parents today are worried about the fact that vaccines contain mercury. What they don't know is that the "mercury" that was once found in shots was only used to keep them from going bad! That's right, just like the milk in your fridge, vaccines can spoil too! All vaccinations have been free of mercury since 2000. In fact, over half of the shots never contained mercury in the first place! What I bet you didn't know, is that eating one can of tuna is far more harmful than getting one vaccine.

## Formaldehyde! It's OKAY!

Worried about Formaldehyde in your vaccines? Well you shouldn't be. Although people might think Formaldehyde is harmful to our bodies, we actually need it to live! Formaldehyde is dangerous in large quantities. But, by the time an infant is ready to get vaccinated, they already have five times more formaldehyde in their blood than found in vaccines!

## The link between Autism and Vaccinations, (There isn't one.)

All caught up in the idea that vaccines cause autism? Well, think again. Some people think that getting vaccinated puts their loved ones in danger of developing autism. But more than 100 studies involving millions of children have shown that autism and vaccinations have no link at all.

## They're just getting a run for my money...But are they really?

Some people today also think that vaccinations are the government's way of scamming people out of their money. There actually isn't a "bigger expense with a lower return on the investment for a medical practice than immunizations." Doctors today often lose money on vaccinating children because they have to estimate how many vaccines to get, and if they don't use all of the vaccinations that they ordered they expire must be thrown out. Also, if you think about it doctors would make a lot more money if someone walked in with polio or the measles rather than just getting a shot! (Hint Hint, Get vaccinated!)

Getting vaccinated is important to your health. It will protect you and everyone you know from getting sick. Some pregnant mothers and children can't get vaccinated because their immune systems don't work as well as others, so you're helping them stay healthy too! You could get very sick with diseases that are deadly and may have long-term side effects if you don't, so get vaccinated today!

## 8 main reasons why YOU should be vaccinated:

1. Vaccines will lower your risk of getting any disease caused by a virus.
2. If you decide to vaccinate, you put everyone around you at a much higher risk of catching those dangerous diseases! Scary right?
3. Some diseases once you catch them may not be curable, which can be really scary! Thankfully, we can prevent us from getting those diseases by getting vaccinated for them!
4. Vaccines have been proven to safe, and effective.

5. The cost of treatment is greater than the cost of a vaccine. What does that mean? If you decide not to get vaccinated, and you go to the doctors with the measles, you're going to be paying A LOT more than going to the doctors once to get a vaccine.
6. These deadly diseases will always be out there in the world no matter what. So your chances of getting it will always be there! If you get vaccinated at the right time, your chances of not catching those diseases are a lot better!
7. Vaccines do not give you the disease!! Some might think that if you're being injected with the disease, you must be getting it right? Wrong. You're actually being injected with a piece of the virus that can't harm you, only help you.
8. You cannot control what diseases you are exposed to, but you can control what diseases you want you and your child to be protected from. The choice is yours! Get vaccinated and help your child live a long happy and healthy life!

### **The Measles:**

Measles can give you a high fever, rash, diarrhea, blindness, deafness, encephalitis (the swelling of the brain), and death. By not getting your child vaccinated, if they walk into a classroom and someone in there has the measles virus on them they can catch that disease by just breathing in the air. The scariest thing about measles is that it can hang around in the air for three hours even after the infected person leaves the room. You never know when you will be exposed. The death rate for measles used to be 30%, but since vaccinations have been around, it has gone down to .3%!

### **Chicken Pox:**

The chickenpox is highly contagious viral infection. This virus causes an itchy, blister type rash on the skin. 100 to 150 people die of the chicken pox each year. This is all preventable by a simple vaccine. Chickenpox is a form of herpes virus, caused by the varicella virus which is spread through the air and by

touch. It can also cause varicella zoster also known as Shingles (human herpes-3). This virus can stay in your nerves and not harm you, but infect you with shingles later in life. Thanks to the vaccine that was introduced, rates went from more than 100 people dying as to only six dying in the year of 2007.

### **Polio:**

Polio is a virus that causes paralysis (when you are unable to move a certain part of your body). It spreads very quickly and easily, and attacks the nervous system (the system that controls your brain). Children that are between the ages of 6-8 are more likely to contract the virus than any others age group, while young adults are more likely to die from the disease. Scary right? It can be spread by direct contact through saliva and feces. It is also spread by food and water. Polio cases have decreased more than 99% since 1988, and if more people decide to vaccinate, the disease will no longer exist!

### **Tetanus:**

Tetanus is a fatal disease that attacks the nervous system. Tetanus comes from bacteria found in soil, dust, and animal feces. It is highly dangerous, but preventable by a vaccine! You can get it by a simple scratch on a rusty piece of metal. Almost all reported cases of tetanus occur in people who either have never received the vaccine, or didn't go back for their booster shot. People that get tetanus usually have to spend 2-3 weeks in a hospital under intensive care and may need to be on a ventilator because they cannot breath on their own. Don't want your loved one to get sick from something that is so easily preventable? Get vaccinated today!