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10 Reasons to Get Vaccinated

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10 Reasons to Get Vaccinated

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1. **Vaccine-preventable diseases have not gone away**

Viruses and bacteria that cause illness and death still exist and can be passed on to those who are unvaccinated and unprotected. While many preventable diseases are no longer common in the US, global travel makes it easy for these diseases to

spread.



Reason #1
Vaccine-preventable diseases have not gone away

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2. **Vaccines help keep you healthy**

The Centers for Disease Control and Prevention (CDC) recommends vaccines throughout your life to help protect against many infections. When you skip vaccines, you are vulnerable to illnesses such as flu, measles, and HPV and hepatitis B—both leading causes of cancer.



Reason #2
Vaccines help keep you healthy

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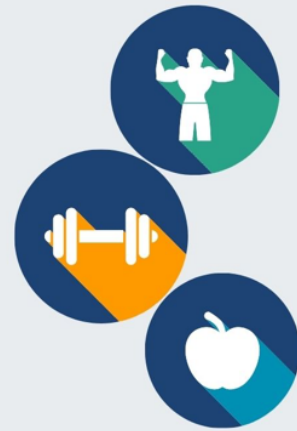
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3. **Vaccines are as important to your overall health as diet and exercise**

Like eating healthy foods and exercising, vaccines help play a vital role in keeping you healthy. Vaccines are one of the safest preventive measures available.

Reason #3

Vaccines are as important to your overall health as diet and exercise



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4. **Vaccination can mean the difference between life and death**

Vaccine-preventable diseases can be deadly. Prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases in the US each year.

Reason #4

Vaccination can mean the difference between life and death



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5. **Vaccines are safe**

The US has a robust approval process (<https://www.nfid.org/immunization/vaccine-science-safety/>) in place to ensure that all licensed and approved vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.

Reason #5

Vaccines are safe



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6. **Vaccines cannot cause the diseases they are designed to prevent**

Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.

Reason #6

Vaccines can't give you the diseases they are designed to prevent



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7. **Young and healthy people can get very sick, too**

Although infants and older adults are at increased risk for serious complications, vaccine-preventable diseases can strike anyone, at any time. If you are young and healthy, getting vaccinated can help you stay that way.

Reason #7

Young and healthy people can get very sick, too



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8. **Vaccine-preventable diseases are expensive**

Diseases have a direct impact on individuals and families, and also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 2 weeks, typically with 5 or 6 missed work or school days. And adults who get hepatitis A lose an average of one month of work.

Reason #8

Vaccine-preventable
diseases are expensive



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9. **When you get sick, your children, grandchildren, and parents may also be at risk**

Adults are the most common source of pertussis (whooping cough), which can be deadly in infants. Staying up to date on all recommended vaccines helps protect you and your family as well as those in your community who are not able to be vaccinated.



Reason #9

When you get sick, your children, grandchildren, and parents may be at risk, too



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10. **Your family and co-workers need you**

In the US, millions of adults get sick from vaccine-preventable diseases each year, causing them to miss work and leaving them unable to care for those who depend on them, including children and/or aging parents.

Reason #10

Everyone deserves
the chance to stay
healthy



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Talk with a trusted healthcare professional about **vaccines recommended for you and your family** (<https://www.nfid.org/immunization/us-vaccine-recommendations/>)

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7201 Wisconsin Avenue
Suite 750
Bethesda, MD 20814
Phone: 301.656.0003 (tel:301.656.0003)

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1629 K Street, NW
Suite 300
Washington, DC 20006

Founded in 1973, the National Foundation for Infectious Diseases (NFID) is an independent non-profit 501(c)(3) organization dedicated to educating and engaging the public, communities, and healthcare professionals about infectious diseases across the lifespan.

This website is designed to provide education to the public and healthcare professionals about infectious diseases across the lifespan. All information on this site is for general purposes only, is based on US recommendations, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Contact a healthcare professional if you have questions or concerns about your health.

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