



FIVE VACCINE FACTS

EVERYONE SHOULD KNOW

FACT 1: INFANT IMMUNE SYSTEMS CAN HANDLE MULTIPLE VACCINES AT ONCE.

Babies have stronger immune systems than you might think, and they can handle far more germs than what they receive from vaccines. According to the CDC, getting multiple vaccines at the same time has been shown to be safe. Based on the number of antibodies present in the blood, a baby would theoretically have the ability to respond to around 10,000 vaccines at one time. The American Academy of Pediatrics recommend getting all routine childhood vaccines on time.

FACT 2: TODAY'S VACCINES USE ONLY THE INGREDIENTS THEY NEED TO BE AS SAFE AND EFFECTIVE AS POSSIBLE.

Each ingredient in a vaccine serves a purpose for the production of the vaccine, to provide immunity (protection), or to keep the vaccine safe and long lasting. Some ingredients used in vaccines may be concerning or even off-putting. But the actual amount of what is contained in vaccines is far less than what we are exposed to on a daily basis and all ingredients are thoroughly tested during vaccine safety trials. For example, aluminum is naturally found in plants, soil, water, and air. In the first six months, infants receive about 4.4 milligrams of aluminum from vaccines, compared to about 7 milligrams from breast milk and 38 milligrams from formula.

FACT 3: COMMUNITY IMMUNITY IS NEEDED TO PROTECT THE SPREAD OF INFECTIOUS DISEASE.

If too many people don't vaccinate themselves or their children, they contribute to a collective danger, opening up opportunities for viruses and bacteria to establish themselves and spread. When most of a population is immune to an infectious disease, this provides indirect protection to those who are not immune by essentially blocking the spread of viruses and bacteria.

FACT 4: IT'S IMPOSSIBLE TO GET THE DISEASE FROM ANY VACCINE MADE WITH DEAD (KILLED) BACTERIA OR VIRUSES.

Vaccines made with dead (killed) bacteria or viruses cannot cause the disease. Some vaccines use a weakened form of the virus, which may cause mild symptoms, but not the full disease. These symptoms are usually much less severe than the illness itself. The risk of getting sick from any vaccine is extremely small.

FACT 5: VACCINES DON'T CAUSE AUTISM.

A 1998 study, authored by English researcher Andrew Wakefield, hypothesized that the MMR vaccine (measles, mumps, rubella) caused autism. The study was later retracted because of scientific misconduct, and the author lost his medical license. Since this study was published, numerous studies have been conducted in a variety of countries, and all have found the same result: vaccines do not cause autism. Prominent advocacy and medical organizations such as Autism Speaks, the Autism Science Foundation, the American Academy of Pediatrics (AAP), and the American College of Obstetricians and Gynecologists (ACOG) support the established science that there is no link between vaccines and autism.