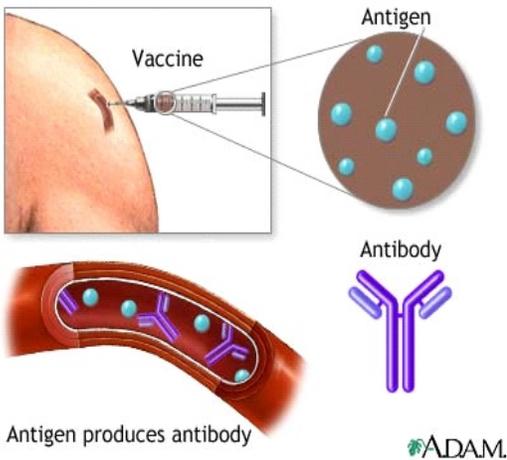


# ADULTS NEED TO BE VACCINATED TOO!



Vaccines teach your immune system to recognize and destroy germs (bacteria and viruses) before they can cause the illness. **Vaccines provide protection without the risk associated with the symptoms and complications of disease.**

Vaccines contain germs that have been killed or weakened (engineered to remove the parts of the virus that can make people sick). When given to a healthy person, the vaccine acts as easy warning system that triggers the immune system to recognize - and respond to - the germ before it can make a person sick.

The immediate benefit of vaccination is individual immunity: it provides long-term, sometimes lifelong, protection against a disease. The childhood immunization schedule protects babies and young children from the common childhood diseases. Adolescents and adults require a booster for some of those diseases to remain protected, and may need to be vaccinated against other diseases, especially if they travel outside the United States and as they get older.

But vaccination does more than just protect an individual: it can protect entire communities. “Herd immunity” refers to the protection of everyone in a community when there are high vaccination rates. With enough people immunized against a given disease, it’s difficult for the disease to spread or become established in the community. This offers some protection to those who are unable to receive vaccinations - including newborns too young to be vaccinated, individuals with chronic illnesses or who have weakened immune systems - by reducing the likelihood of an outbreak that could expose them to the disease.

***Get vaccinated to protect yourself and to protect the people around you.***

## ADDITIONAL RESOURCES



[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) ■ Centers for Disease Control and Prevention

[www.historyofvaccines.org](http://www.historyofvaccines.org) ■ College of Physicians of Philadelphia

[www.immunize.org](http://www.immunize.org) ■ Immunization Action Coalition

[www.mayoclinic.com/health/vaccines/MY01188](http://www.mayoclinic.com/health/vaccines/MY01188) ■ Mayo Clinic

[www.vaccines.gov](http://www.vaccines.gov) ■ US Department of Health and Human Services

[www.webmd.com/vaccines](http://www.webmd.com/vaccines) ■ WebMD

## WEST WINDSOR HEALTH DEPARTMENT

serving the communities of West Windsor ■ Hightstown ■ Robbinsville