



Understanding Vaccines: Facts and Myths

Series



Natural immunity is healthier and more effective than vaccine-induced immunity?



Vaccination is one of the best ways to prevent diseases.

The risks of getting the virus itself are far much higher than those of the vaccine. **In total, vaccines are estimated to save between 2 and 3 million lives every year.**

Vaccines reduce risks of getting a disease by working with your body's natural defences to build protection. When we get vaccinated, we are not just protecting ourselves, but also those around us.



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Diseases cause me less harm than vaccines?



Like any medicine, vaccines may cause side effects. They are usually minor and temporary, such as a sore arm or mild fever. More serious side effects are possible, but extremely rare.

Please remember, **you are far more likely to be seriously injured by a vaccine-preventable disease than by a vaccine.**



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Vaccines contain toxic ingredients?



Vaccines contain various ingredients to keep them safe and effective. Many of the ingredients have been used for decades in billions of doses of vaccine.

Each vaccine component serves a specific purpose, and each ingredient is tested in the manufacturing process.

All vaccine ingredients are passed for safety.



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Vaccines can weaken my immune system?

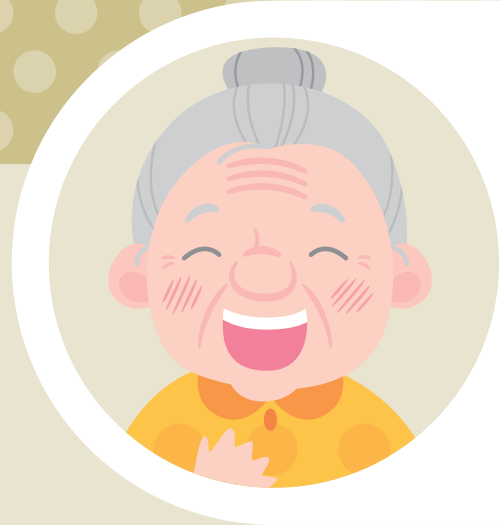


Vaccination is a simple, safe and effective way to protect people from harmful diseases before they are exposed. In fact, **vaccines use your body's natural defence mechanism to build resistance against specific infections and strengthen your immune system.**



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For all vaccines, I can be immunised for life with just one injection?

Some vaccines only require one single dose to provide life-long protection. Nevertheless, **most vaccines will require more than one dose** (i.e. with the second dose, or third dose, several months apart). In addition to the above mentioned primary course of “multiple doses”, some vaccines may even require the recipient to receive a “booster dose” after a fixed period (e.g. one year, or several years after).



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All vaccines should be stored
at room temperature?



Vaccines should be stored under conditions as recommended by the manufacturers.

Each vaccine has its specific storage requirements and shelf-life, which will be displayed on the label.



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Each kind of vaccine is suitable for everyone?



The vaccine products will have their own indication; and specific target population.

For those who are suitable for the vaccinations, they should receive the vaccines in a timely manner, and according to the schedules.



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The flu vaccine can help prevent COVID-19 infection?



These are two different vaccines.

But **the flu shot can prevent you from getting influenza and COVID-19 at the same time.**

This can keep you from getting a more severe illness.



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All adverse events occurred after vaccination are caused by the vaccine?



When adverse events develop soon after vaccination, people may tend to blame the vaccine. Yet some symptoms or illnesses may also occur by chance after vaccination and are unrelated to the vaccine.

Therefore, **not all adverse events after vaccination are caused by the vaccine.**