



# Vaccines

- **A vaccine is a type of medicine that helps to stop you getting ill in the future.**
- **Germs such as bacteria and viruses can make us very ill. Vaccines work by pretending to be these germs. A vaccine does not give us the illness. But the body does not know this and makes things to get rid of the vaccine. Once the body can get rid of the vaccine it can also get rid of the real germs.**
- **There are lots of vaccines. Each one is different and helps to stop one type of illness. Most people are given lots of different vaccines during their lives. This helps to prevent them getting lots of different illnesses.**
- **Vaccines are usually given as injections. This is usually in the arm but sometimes other parts of the body are used. Sometimes a vaccine is given in more than one dose. This means a person will need another injection weeks or months later.**
- **Most people don't have any problems after a vaccine. Some people might feel a little unwell for a day or two. Otherwise vaccines are usually very safe.**
- **Vaccines help to keep people healthy. They do this by pretending to be germs and helping the body learn how to get rid of them.**

