



Myths and Facts about Vaccination

Vaccination saves lives

Vaccination protects our future. It not only protects us and our children—it protects future generations by stopping the spread of disease. Vaccination saves lives. Thanks to vaccines, many deadly diseases have become rare in the United States

Who needs vaccinations?

Everyone needs to be vaccinated. Life-protecting vaccinations are recommended throughout our lives, beginning at birth before newborns leave the hospital. Adults also need vaccinations. In fact, the Centers for Disease Control and Prevention (CDC) recommends that everyone over the age of 6 months receive a flu vaccine each year.

Are vaccines safe?

Yes, vaccines are very safe. Some people may just get mild side effects like soreness or redness around the injection site and perhaps a low-grade fever. Your health care provider will give you a Vaccine Information Statement (VIS) each time you get a vaccine.

Sometimes the media sends mixed messages about how effective and useful vaccines are. This may cause confusion so it's important to rely on reputable organizations like the Centers for Disease Control (CDC), and not the media, for reliable accurate information.

Remember: It is much easier and more cost effective to prevent a disease rather than to treat it—it could even save a life! Not only do vaccinations protect the recipient, they also prevent the disease and illness from spreading to others. Maintaining an ongoing relationship with a health care provider is one of the best ways to ensure that you and your family receive necessary vaccinations. Your health care provider can give you the information about the vaccines you are seeking.

Following are some common myths about vaccines:

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Myth: “We don’t need to vaccinate against rare diseases.”

Fact: It is because we have vaccines today that these diseases are so rare. However, due to our ability to travel worldwide, these rare and exotic diseases and illnesses can easily be re-introduced into our communities. By keeping our vaccinations up to date, we can significantly decrease our risk of catching and spreading these diseases.

Myth: “The preservative thimerosal makes vaccines risky.”

Fact: Thimerosal is a mercury-based chemical that has been used in vaccines for many decades to prevent growth of dangerous bacteria and fungus. According to the CDC, no harmful effects from thimerosal used in vaccines have been reported. As a precautionary measure, except for some flu vaccines, thimerosal was removed from preschool childhood vaccines in 1999.

Myth: “Vaccines cause autism.”

Fact: According to the CDC, exposure to vaccines that contain thimerosal during pregnancy, infancy or in early childhood has never been shown to cause any of the autism spectrum disorder outcomes.

The bottom line is that vaccines protect us and our future generations. They have reduced and, in some instances, eliminated the diseases that have caused epidemics and death just a few generations ago. Leading medical organizations all support vaccination and tell us that vaccines are safe. So don’t leave your health care provider’s office without making sure you and your loved ones have had all the vaccinations you need!

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