

# VACCINE SAFETY

## HOW VACCINES WORK

Let's look at how immunization keeps you in good health.

### IMMUNIZATION :

introduces a portion of a dead or weakened virus or bacterium into the body by injection.

### WHEN YOUR IMMUNE SYSTEM :

goes to work, it's as if you were exposed to the disease. **BUT** there's a difference. The virus or bacteria in a vaccine won't make you sick.

### THE VACCINE :

prepares your body's defense that can now protect you against the real disease.



Your body comes into contact with millions of germs every day. Vaccines introduce only a tiny amount of virus or bacteria in one injection. Administering more than one vaccine at the same time does not overwhelm your immune system.

**EACH VACCINE IS MADE DIFFERENTLY. SOME VACCINES CONTAIN PARTS OF A VIRUS OR BACTERIA SO THEY CAN'T MAKE YOU SICK. SOME VACCINES HAVE WEAKENED VERSIONS OF A VIRUS OR BACTERIA SO HEALTHY PEOPLE WON'T BE SICK.**

But vaccines may also contain:

1

**ADJUVANTS** such as aluminum salts, which help the body's immune system react better to the virus or bacteria in the vaccine. Most adjuvants are found naturally in our food or in nature.

2

**ADDITIVES** such as gelatin, used to maintain the quality and efficacy of a vaccine over time. Gelatin can be found in our food, such as yogurt, marshmallows and candy.

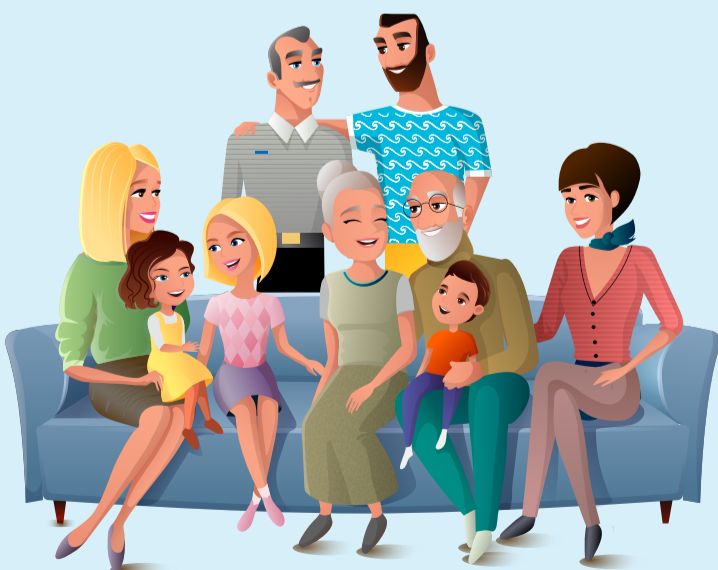
3

**PRESERVATIVES** such as formaldehyde, to prevent germs from getting into a vaccine. Our bodies naturally make formaldehyde. This substance is eliminated during the vaccine purification process.



## HIGH STANDARDS FOR VACCINE DEVELOPMENT, TESTING, AND SAFETY

Canada's laws and regulations set high standards for vaccine development, safety, and testing. Canada also has strong systems in place to coordinate and monitor vaccines entering the market to be sold to the public.



## VACCINES ARE SAFE - MUCH SAFER THAN THE DISEASES THEY SEEK TO PREVENT.

Keep your immunizations up to date to protect your family from diseases and reduce their spread in your community.



Talk to your doctor, nurse, pharmacist, or public health office about the vaccines you and your family need to stay healthy.



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