



# PROTECT YOURSELF AGAINST TETANUS

## WHAT IS TETANUS?

Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment. The bacteria enter the body through breaks in the skin or wounds caused by contaminated objects. The toxin that is released into the body affects the nervous system, causing painful muscle spasms that can affect the ability to breathe.

## TETANUS PREVENTION

Being fully immunized is the most effective way to prevent tetanus. Tetanus immunization is recommended for individuals of all ages, with booster shots every 10 years.

Tetanus vaccines are safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.

TETANUS IMMUNIZATION IS SAFE AND EFFECTIVE