

Thanks to vaccination, millions of lives are saved worldwide every year. Like other medications, vaccines can sometimes cause side effects such as pain, swelling, and redness at the injection site. Fever, weakness, loss of appetite, or headache may also occur.

THE SIDE EFFECTS OF VACCINATION ARE MILD AND PASS QUICKLY

In general, the side effects of vaccination are mild and subside within a few days. Most side effects do not require additional treatment, but if necessary, your family doctor can provide advice and instructions.

Extensive research has shown no causal link between vaccines and conditions such as autism, diabetes, sudden infant death syndrome, asthma, atopic dermatitis, and other diseases.

A common misconception is that vaccination weakens the immune system. In reality, vaccination strengthens the immune system by providing protection against the specific infectious disease it targets.

Research has confirmed that vaccination does not make children more susceptible to other infections or worsen the course of other illnesses.

VACCINATION IS A CRUCIAL PART OF A CHILD'S PROTECTION AGAINST INFECTIOUS DISEASES



If you have any questions, please consult your family nurse or family doctor.

Family doctor's helpline **1220**

vaksineeri.ee/en
terviseportaal.ee/en



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PROTECT YOUR CHILD!

7 reasons why timely vaccination is crucial for your child's health.

TERVISEKASSA 



TERVISEAMET

1. VACCINATION CAN SAVE YOUR CHILD'S LIFE

Vaccination protects your child from life-threatening infectious diseases that can cause serious complications, long-term health problems, and even death.

- For example, nearly three million people worldwide contract Haemophilus (Hib) infections each year, resulting in approximately 400,000 deaths.
- Polio can cause permanent damage to the central nervous system, leading to irreversible paralysis.
- HPV, which infects over 80% of people during their lifetime, can lead to cancer.
- Some diseases, such as measles, rubella, and polio, have no specific treatments. Only timely vaccination can protect against these diseases.

2. VACCINE-PREVENTABLE DISEASES HAVE NOT GONE AWAY

Thanks to vaccination, many infectious diseases have not been seen in Estonia for decades. But the bacteria and viruses that cause these diseases still exist. If immunization rates drop, these diseases can come back, resulting in many hospitalizations and deaths.

Even diseases that are uncommon in Estonia, like measles and polio, are still common in other parts of the world and can be brought to Estonia by people who travel abroad. Without protection from vaccines, these diseases can spread quickly and cause outbreaks.

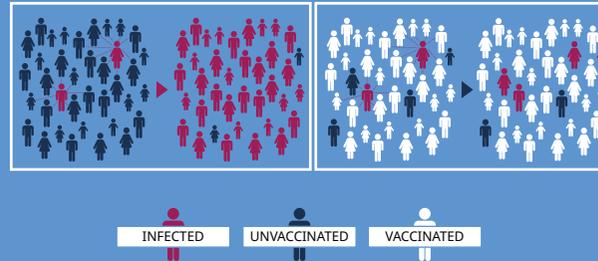
3. VACCINATING YOUR CHILD HELPS PROTECT OTHERS

Herd immunity helps keep disease rates low and helps protect the most vulnerable among us, including babies, people with weakened immune systems, and those who cannot be vaccinated for health reasons.

VACCINATION PROTECTS YOU AND YOUR COMMUNITY

Disease spreads quickly when no one is vaccinated.

The spread of disease is contained when most people are vaccinated.



4. VACCINES ARE EFFECTIVE AND SAFE

Vaccines work. Most childhood vaccinations provide immunity to 95-99% of those vaccinated. Vaccines are among the safest tools of modern medicine and have been used for decades. The effects of vaccines have been thoroughly researched. All vaccines undergo in-depth testing and must be shown to be safe and effective before being approved. Even after a vaccine is approved, its safety and effectiveness continue to be closely monitored.

Before vaccines were available, many people suffered or died from diseases like polio, diphtheria, and Hib. Thanks to vaccines, many of these diseases are now rare in Estonia.

5. IT'S MUCH SAFER TO GET THE VACCINE THAN THE DISEASE

Vaccination is the only scientifically proven safe method to protect against infectious diseases. If a vaccinated child does contract the disease, they typically experience a milder form of it. While immunity can also be acquired through contracting the disease, this carries a high risk of severe complications or permanent health damage. For instance, one in 10 children with measles may develop pneumonia. Furthermore, one in 10 children with measles-induced encephalitis will die, and many others will sustain permanent brain damage.

6. VACCINES CAN HELP REDUCE ANTIBIOTIC RESISTANCE

Vaccinating your child can help reduce their need for antibiotics, which helps reduce antibiotic resistance. Antibiotic resistance occurs when bacteria develop the ability to withstand the effects of antibiotics. Even when a sick person takes antibiotics as prescribed by their doctor, the bacteria can survive and continue to multiply in their body.

As a result of vaccination, the prevalence of antibiotic-resistant pneumococcal bacteria has decreased. This is because fewer antibiotics are needed due to significantly fewer infections. There was a similar decrease in bacterial resistance to antibiotics for Hib after the Hib vaccine was introduced.

7. VACCINATION PROTECTS FUTURE GENERATIONS

Vaccines have reduced or even eliminated many diseases that killed or seriously harmed people just a few generations ago. For example, smallpox no longer exists worldwide because of immunization. If we keep vaccinating, we may not need to worry about other diseases, like measles or polio, in the future.