

# VAX FAX

## WHAT IS A VACCINE AND DO I NEED ONE?

1. Vaccines are **MEDICINES** that help you fight disease
  2. Think of them as **SOLDIERS** doing battle inside your body
- + Vaccines teach the body how to **spot an enemy** – such as COVID-19
  - + When **germs** (bacteria or viruses) attack the body, they multiply and become an **infection**  
**Infection = illness**
  - + That's why we have an **IMMUNE SYSTEM** – to fight back!
  - + Vaccines give the Immune System a head start to fight the infection so that it can win the war.

## Nature and our bodies are smart!

The immune system **learns** how to **fight off an infection** when you get sick the first time.  
It **remembers** how to help protect you from that disease if you catch it again.

## How vaccines help

- + A vaccine imitates a certain disease
- + Your immune system quickly learns how to fight that disease
- + T-lymphocytes and antibodies are produced – the ultimate weapons of defence!
- + A vaccine almost never causes illness, apart from some minor symptoms
- + After the vaccine, your body has been taught how to fight off the disease.

**Result!** You have built up **immunity against the disease** without having to catch it first.

## #saving lives

We use vaccines to **save lives** and help millions of people to avoid getting sick.

**The COVID-19 vaccine** is a new vaccine that helps you to fight off the coronavirus – and it works just like many other vaccines.