

# Shield Yourself & Loved Ones Against Serious Diseases



## THE REALITY IS SERIOUS

Many Americans still develop illness that vaccines can help prevent every year, leading to hospital admissions and deaths.

## WHY VACCINES MATTER

Factors, such as your age, job, lifestyle, or health conditions, such as diabetes, increase your risk for developing the illnesses vaccines help prevent. The protection from vaccines you received as a child wears off over time and can also put you at risk.

## The Cost of Illness

### THINK ABOUT THIS

Even if you're healthy, you can still develop illnesses. Illness can keep you from working, going to school, or caring for your family.

### IF YOU HAVE DIABETES

Protecting yourself from illness is even more critical to managing your diabetes, preventing complications from illness, and to support your wellbeing.



## Vaccines: Your Health Guardians

### POWER OF PREVENTION

Vaccines greatly reduce your risk for illness and complications of illness by working with your body's natural defenses. This will also help protect those around you from an illness that your body has fought off.

### SAFETY FIRST

Vaccines are a safe way to protect your health, with most side effects being minor and temporary. Severe reactions to vaccines are very rare.



### SPREAD LOVE, NOT DISEASES

Protect infants, the elderly, and those with weakened immune systems by getting vaccinated.