

# Vaccines

## What you need to know

The intention of the influenza vaccine is to *reduce the overall burden of respiratory illness* to protect vulnerable populations at risk for severe illness.



I've heard that vaccines can cause **Alzheimer's Disease, Autism or the flu itself!** Plus, I've had unsuccessful results with vaccines in the past, so I feel like they don't work.

Don't worry! Vaccines do carry the same bacteria or virus that causes the disease, however, **they have either been broken down so only a portion of the disease is involved, or killed/weakened** so you won't get ill.



Also, **the vaccine is intended to introduce the virus to your system**, so if you do come in contact with that virus, your body has already developed immunity to it; posing less chances of becoming ill.



If residents or staff are resistant to taking the vaccine, encourage them to *discuss with your medical director or their primary care physician* to assist in the decision-making process.



**Hand hygiene is the most efficient way to reduce the spread of illness... so wash up and stay healthy!**