

# Vaccine Facts



**Fact: There is zero scientific evidence that vaccines cause autism.**

This myth started after a single study – now wholly discredited – suggested the measles, mumps, rubella (MMR) vaccine increased autism rates in children. The causes of autism are still not completely understood, but we know there is no evidence of any link between the MMR vaccine and autism or autistic disorders.

**Fact: Your immune system can handle multiple vaccines at the same time.**

Getting multiple vaccines at the same time doesn't negatively affect your immune system. You already come into contact with hundreds of substances every day that can trigger immune responses, and a vaccine exposes your immune system to fewer antigens than the common cold. And having several vaccines at the same time reduces both the number of clinic visits and the number of injections.

**Fact: If everyone stopped getting vaccinated, rare diseases today like polio and measles would come back quickly.**

When the majority of a population is vaccinated, there's little opportunity for an outbreak. This is called "herd immunity": the entire population is more protected, including infants too young to be vaccinated and those with weakened immune systems like cancer patients. It is important that those who can be vaccinated get vaccinated to help keep everyone healthy.

**Fact: Vaccines are safe but like any medication, there are some mild side effects.**

It's more likely that you'll become seriously ill from a vaccine-preventable disease than from a vaccine. The benefits of protecting yourself and those around you far outweigh any potential risks and side effects from vaccines.

**Fact: You're never too old to get vaccinated.**

Doctors recommend that children are vaccinated at a young age so they're protected from vaccine-preventable diseases that can be serious or even deadly for kids. That said, some vaccines are equally as important for adults and seniors as they are for children. Speak to your doctor if you are unsure of your immunization records or were not vaccinated at a young age.