Vaccines



1. What?

A vaccine helps your body learn how to protect you from certain diseases.

It prepares your immune system to fight germs before you get sick.

2. Why?

Vaccines can:

- Prevent serious illness
- Reduce your chance of hospitalization
- Protect those at higher risk
- Help stop disease spread

3. Who?

Vaccines are important for everyone.

What you need depends on your:

- Age
- Health
- Pregnancy
- Vaccine history
- Risk for certain diseases

4. Where?

- Your doctor's office or clinic
- Community health centers
- Local public health units
- Some pharmacies

5. No records?

If you do not have immunization records, that is ok.

Tell your healthcare provider. They will determine which vaccines you need.

What if I already received vaccines?

Bring any immunization records you have, even if they are in another language.

Your healthcare provider will determine what is needed.

Do vaccines cost money?

The cost depends on the vaccine and your health coverage.

Some vaccines may be free or low-cost through insurance or public programs.

Are vaccines safe?

Vaccines are tested for safety. Mild side effects may occur and usually go away in a few days. Serious reactions are rare. Talk with your healthcare provider if you have concerns.

Can I get more than one vaccine at a time?

Yes. Receiving multiple vaccines in one visit is normal and safe. You may also need to return for follow-up doses.

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For more information, visit the North Dakota Health and Human Services immunization webpage: www.hhs.nd.gov/immunizations