

## Frequently asked questions

### Are vaccines safe?

**Yes. Vaccines are tested many times before they are approved for use in the population.** Vaccines are safe and side effects are usually mild and temporary (e.g., sore arm, mild fever). More serious side effects are possible but are extremely rare. If in doubt, talk to your health care provider or go to the nearest health center.

### Are vaccines effective?

**Yes. Vaccination keeps people healthy and has dramatically reduced the number of deaths from vaccine-preventable diseases.** Each year, in Latin America and the Caribbean, vaccines prevent 175,000 deaths in children younger than 5 years. Thanks to vaccines, diseases such as polio, measles, rubella, tetanus in babies and smallpox have been eliminated in the Americas.

### Can children receive more than one vaccine at the time?

**Yes. This option can protect them from several diseases at once** and does not cause any harm.

### Can pregnant women get vaccinated?

**Yes. They can be vaccinated against diseases such as influenza, tetanus, pertussis, hepatitis B and COVID-19 to protect themselves and their babies.** Some vaccines should not be given during pregnancy but can be offered before or after pregnancy. Talk to your health care provider if you have more questions.

## Basic facts about vaccines

- **Vaccines help our bodies protect us from serious diseases.**
- **Each vaccine has its own characteristics:**
  - You may need one or more doses at different ages to be fully protected.
  - Some vaccines can protect you from more than one disease at the same time (for example, measles, mumps and rubella; or diphtheria, tetanus and pertussis).
  - Some vaccines are injected, and others are given orally.
- **Through its Revolving Fund, PAHO helps your country obtain safe, effective, affordable, high-quality vaccines in a transparent manner.**

<https://www.paho.org/en/get-up-to-date>



**VWA 2024**  
Vaccination Week in the Americas

# Vaccination Schedule

**Vaccines are safe and save lives!**

#GetVax

# Bermuda

## Protect your future

Get vaccinated at different stages of your life to prevent the following diseases

The table below shows the diseases that can be prevented at each age by vaccination in your country.

If you think you or your loved ones haven't received all their vaccines, you can get up-to-date!



### Pregnant women

Influenza  
Diphtheria  
Tetanus  
Whooping cough  
COVID-19



### Newborns



### First year of life (<12 months)

Diphtheria  
Tetanus  
Whooping cough  
Polio  
Hib disease  
Hepatitis B  
Pneumococcal disease  
Rotavirus disease  
Influenza



### Second year of life (12-23 months)

Diphtheria  
Tetanus  
Whooping cough  
Polio  
Hib disease  
Hepatitis B  
Measles  
Rubella  
Mumps  
Pneumococcal disease  
Influenza



### Children

Diphtheria  
Tetanus  
Whooping cough  
Measles  
Rubella  
Mumps  
Chickenpox  
Influenza  
Polio  
COVID-19



### Adolescents

Influenza  
HPV infection  
Diphtheria  
Tetanus  
Whooping cough  
COVID-19



### Adults

Influenza  
Diphtheria  
Tetanus  
COVID-19



### Health workers

Influenza  
COVID-19  
Hepatitis B



### Older persons

Influenza  
Diphtheria  
Tetanus  
COVID-19