

**Truth:**

**Our bodies face countless germs each day; vaccines do not overwhelm our immune systems.**



**Myth: Giving too many vaccines at once can overwhelm the immune system – it's better to space shots out.**

## Explanation

Receiving more than one vaccine at the same time has been shown to have no negative effect on your body's defenses against infection. Consider how many pathogens (germs) we interact with daily – **our immune systems are built to handle a lot!**

Additionally, the vaccine schedule has been carefully planned by scientists and doctors to ensure that each person gets the maximum protection from vaccines before they're most at risk for diseases.

For example, babies receive their first vaccine against tetanus, diphtheria, and pertussis right around the time the protection they get from their mothers' antibodies before they're born fades. Not following the recommended vaccine schedule can put children at risk for suffering from dangerous diseases. There are also many advantages to receiving several vaccines at the same time: fewer visits to the clinic; more opportunity to complete the recommended doses on time; and fewer injections when using combined vaccines, like MMR, which offers protection against mumps, measles and rubella.

You can speak to your health care provider about managing common mild side effects from vaccines, such as pain at the injection site.

**Remember: Follow the recommended vaccine schedule to ensure you have maximum protection from deadly diseases!**

**PAHO**



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