

**Truth:**

**No supplement, vitamin or amount of exercise will stop vaccine-preventable diseases the way vaccines do.**



**Myth: I don't need vaccines because I have a healthy diet/take vitamins/exercise.**

## **Explanation**

Vaccines are the most effective and lowest risk way to build immunity against vaccine-preventable diseases. Although a balanced diet and exercise are an important part of being healthy, they alone will not protect you from infection from diseases like polio, measles, and whooping cough.

Taking vitamins or supplements will also not prevent infection by vaccine-preventable diseases. If someone is telling you otherwise, stop to consider why they might be encouraging alternatives to vaccination: do they profit off the supplements or vitamins? Are they trying to increase their engagement online? Consult your health care provider or a trusted health authority if you have questions about your health.

**Remember: There is no replacement for the protection given by vaccination!**

**PAHO**



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