

Truth:

Vaccine ingredients are safe.



Myth: Vaccines contain dangerous, toxic ingredients.

Explanation

While the ingredients in the labels of vaccines can look intimidating, (e.g. mercury, aluminum, and formaldehyde) they are usually found naturally in the body, the food we eat, and the environment around us – for example, in tuna. The amounts in vaccines are very small and will not poison or harm the body.

Additionally, vaccines are tested and go through rigorous and lengthy scientific trials, as well as certification processes with WHO and national regulatory agencies to ensure that they are safe and effective.

Remember: Vaccines are rigorously tested to ensure they're safe. They will not poison your body.

PAHO



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