

**Truth:**

**Vaccines don't remain in your body long term.**



**Myth: Vaccines remain in your body forever and cause harmful long-term effects.**

## Explanation

Our bodies process and clear vaccines in anywhere from a few hours to a few weeks after vaccination, depending on the vaccine. Some people might experience mild short-term side effects to vaccination, including pain at the injection site, low-grade fever, malaise, or rash. Although they may be uncomfortable for a short period of time, they are not serious and mean the immune system is practicing how it will fight the virus or bacteria if exposed.

**Remember: There is a serious risk of long-term effects from vaccine-preventable diseases like measles and polio. Vaccines don't stay in our bodies for a long time.**

**PAHO**



Pan American  
Health  
Organization



World Health  
Organization  
Americas Region