



Truth:

**Good
hygiene
won't
replace
vaccination.**

**Myth: Vaccines aren't necessary if
you have clean water and wash
your hands often.**

Explanation

While better hygiene, hand washing and clean water help protect people from some infectious diseases, many others can spread through other means, such as through the air, regardless of how clean a person or their surroundings are. It is also impossible to keep your hands and surroundings completely germ-free!

If people are not vaccinated against diseases we have managed to control, such as polio and measles, these will quickly reappear.

Remember: Good hygiene and access to clean water will help you stay healthy, but they don't replace vaccination, which protects us from diseases that can also spread in other ways.

PAHO



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