

Vaccinations, what are they exactly?

“A vaccination is medicine that protects you from diseases that can make you sick”

A vaccination (vaccine) is medicine that protects you from diseases that can make you sick, disabled or can even kill you. A vaccine makes the body's defence system (called the immune system) stronger so it can fight disease.

But how do they work?

Vaccinations work by putting a little bit of the disease germ in the vaccine. When it enters your body, the body then trains fighters called antibodies that fight against this germ. So if you are infected with the disease, the body has already learned how to fight against it. The vaccinations are mostly given as an injection in the arm.

If you have asthma, diabetes or heart disease, remember to tell the nurse or doctor so they can give the best vaccine that suits you. Visit your local clinic, to see which vaccines are right for you. Here is a list of diseases and their prevention vaccine:

- Mumps, Measles uses the MMR vaccination
- Influenza uses the annual flu vaccination
- Human Papillomavirus uses the HPV vaccination (currently provided in schools for grade 4 girl learners)
- Hepatitis A uses the HepA vaccination
- Hepatitis B uses the HepB vaccination
- Diphtheria and Whooping Cough uses the Tdap vaccination
- Pneumococcal Disease uses the pneumococcal vaccination
- Varicella (Chickenpox) uses the varicella vaccination
- Rubella (German Measles) uses the MMR vaccination
- Polio uses the IPV vaccination
- Meningococcal Disease uses the meningococcal vaccination

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