

# Getting vaccinated: a whole-of-life approach

Getting vaccinated is one of the most effective ways you can protect your health. It's as important as exercise and good nutrition for your overall wellbeing

Vaccination protects us against serious and deadly infectious diseases

## Did you know?

Vaccination against hepatitis B<sup>1</sup> and HPV<sup>2</sup> can prevent

# cancer

linked to these infections

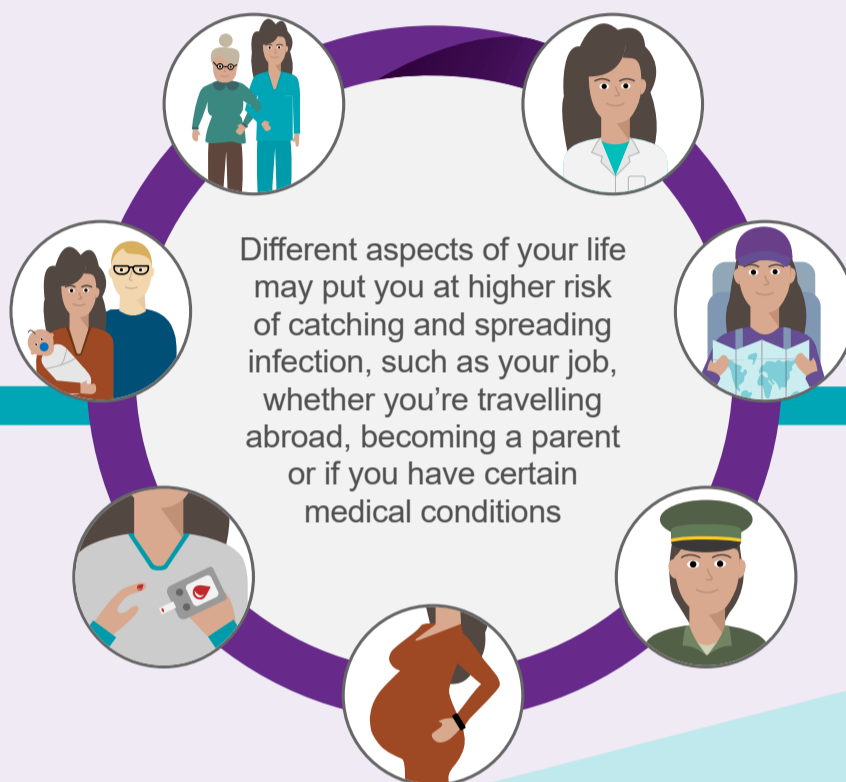
Vaccination reduces use of antibiotics

## Did you know?

Antimicrobial resistance causes

# 25,000

deaths in Europe each year<sup>3</sup>



Vaccination reduces illness and death, even among the unvaccinated

## Did you know?

Meningococcal C vaccination led to

# 93%

 reduction of infection among unvaccinated<sup>4</sup>

# 95%

 of us need to be vaccinated against measles to protect the whole population<sup>5</sup>

Getting vaccinated throughout your lifetime protects you, your family, friends, work colleagues and future generations

## What can you do to help?

- Ensure you and your family (including teenagers) are up-to-date with your vaccination status
- If your work exposes you to infection, make sure you have all the vaccinations available to you
- Make sure you get all your information on vaccination benefits and risks from reliable sources, such as [www.vaccinesafetynet.org](http://www.vaccinesafetynet.org)
- Ask your healthcare professional about vaccination programmes
- Speak to your healthcare professional to ensure your vaccination record is up to date
- If you're planning to travel abroad, make sure you get the right vaccinations for your destination

## Vaccines for all: leaving no one behind

1. World Health Organization. 2017. Hepatitis B. Available from: <http://www.who.int/en/news-room/fact-sheets/detail/hepatitis-b> [Accessed 26 April 2018]

2. World Health Organization. 2016. Human papillomavirus (HPV) and cervical cancer. Available from: <http://www.who.int/mediacentre/factsheets/fs380/en/> [Accessed 5 April 2018]

3. European Commission. 2017. *AMR: a major European and Global challenge*. Brussels: European Commission

4. Bijlsma MW, Brouwer MC, Spanjaard L, et al. 2014. A decade of herd protection after introduction of meningococcal serogroup C conjugate vaccination. *Clin Infect Dis* 59(9): 1216-21

5. Andre FE, Booy R, Bock HL, et al. 2008. Vaccination greatly reduces disease, disability, death and inequity worldwide. *Bull World Health Organ* 86(2): 7