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 and HPV can prevent cancer linked to these infections.

Did you know?
Antimicrobial resistance causes 25,000 deaths in Europe each year.

Different aspects of your life may put you at higher risk of catching and spreading infection, such as your job, whether you’re travelling abroad, becoming a parent or if you have certain medical conditions.

Vaccination reduces use of antibiotics.

Vaccination reduces illness and death, even among the unvaccinated.

Did you know?
Meningococcal C vaccination led to 93% reduction of infection among unvaccinated. 95% of us need to be vaccinated against measles to protect the whole population.

Vaccination against hepatitis B and HPV can prevent cancer linked to these infections.

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.
- 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