

# Vaccines protect you throughout your life

Vaccination isn't just for children. Staying up to date with your vaccines at every stage of life keeps you protected from serious diseases.

## Why

### lifelong vaccination matters

- Your immune system's protection can weaken over time, and some vaccines require booster doses.
- New vaccines may also become available to protect against emerging health threats.

## Who

### needs vaccination?

#### Children & adolescents

Essential vaccines build strong immunity early.

#### Adults

Boosters and additional vaccines keep immunity strong.

#### Pregnant women

Some vaccines protect both mother and baby.

#### Older people

Ageing immune systems need extra support against certain diseases.

## Thinking of travelling?

- Whatever your age, travel can expose you to diseases not commonly found in your home country.
- **Some countries require specific vaccinations** before allowing entry, so make sure you get the vaccines required for each destination.

## Protect yourself and others

By keeping up to date with your vaccines throughout your life, you help prevent disease from spreading to others who cannot be vaccinated, such as babies too young to receive certain vaccines and people with certain medical conditions.

Contact your healthcare provider to book your vaccinations.

Lifelong vaccination helps keep you and your community safe.

Scan the QR code to learn more at the European Vaccination Information Portal



[vaccination-info.europa.eu/en](https://vaccination-info.europa.eu/en)



EUROPEAN VACCINATION  
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