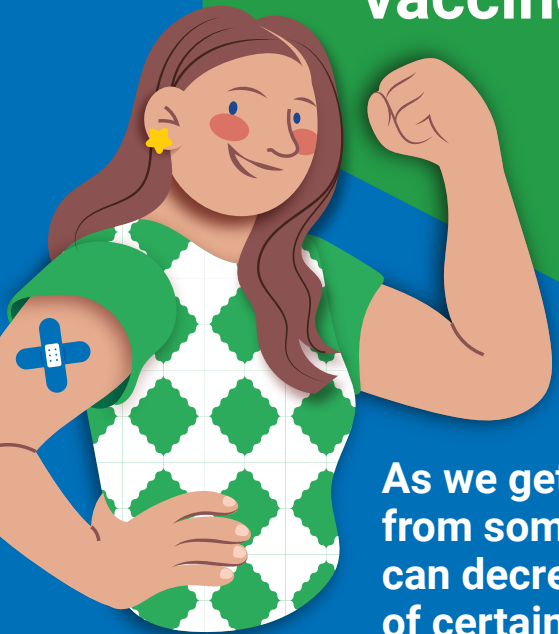
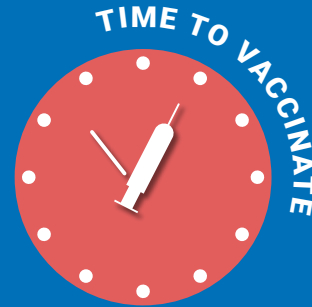


Adults need vaccines too!



As we get older, our immunity from some previous vaccinations can decrease. As a result, the risk of certain diseases can return.

Booster vaccines can help maintain your protection against illnesses like tetanus, diphtheria, and whooping cough (pertussis).



Protect yourself and others by getting vaccinated!



Scan the QR code to learn more at the **European Vaccination Information Portal**
vaccination-info.europa.eu/en

How do vaccines protect us throughout our lives?



Vaccines can protect yourself and others from serious diseases and their complications. Not just in childhood, but throughout your life.



EUROPEAN VACCINATION
INFORMATION PORTAL
An initiative of the European Union



Vaccination during pregnancy

A person's immune system is slightly weakened when they are pregnant, increasing the risk of some illnesses.

Getting vaccinated during pregnancy can protect both mother and baby from diseases like flu and whooping cough.

Travel and vaccination

Travel can expose you to diseases not commonly found in your home country. Contact your healthcare provider before travelling, and make sure you get any vaccines required for your destination.



Building community immunity



When a high number of people get vaccinated, this can create 'community immunity', preventing the spread of serious diseases.

Community immunity protects those who cannot be vaccinated, such as babies too young to be vaccinated and people with certain medical conditions. It's another good reason to keep up with your vaccinations throughout adulthood.