

# Boost your knowledge about vaccine boosters



## What are boosters?

Boosters are additional doses of a vaccine given after the initial vaccination to 'boost' the immune system and strengthen immunity.

These extra doses help maintain protection against diseases over time.

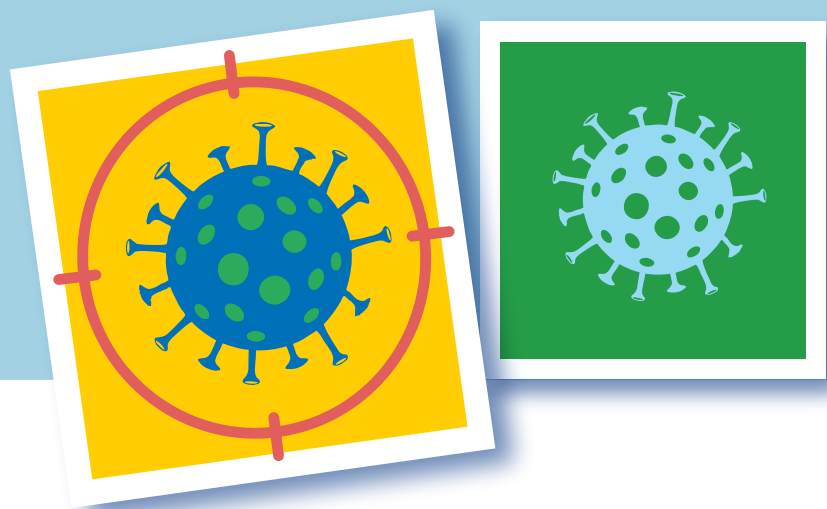
## Why are boosters needed?

### To maintain your immunity

Some vaccines provide immunity that decreases over time, known as 'waning immunity'. Booster doses are then recommended at regular intervals during adolescence and adulthood, to maintain immunity over a longer period.

### Vaccines that may require boosters:

- diphtheria
- tetanus
- pertussis (whooping cough)



## Who needs a booster?

### Adults

Boosters help maintain immunity.

### Older people

As immunity weakens with age, older people may need boosters for certain vaccines.

### Pregnant women

Some vaccines, such as whooping cough (pertussis), are recommended during pregnancy to protect both mother and baby.

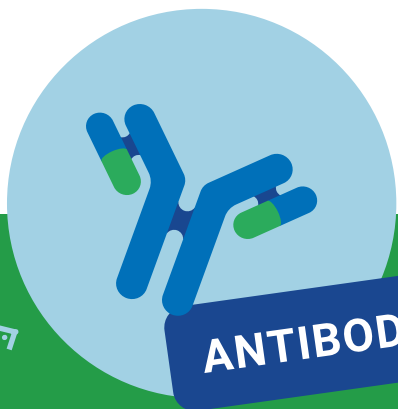
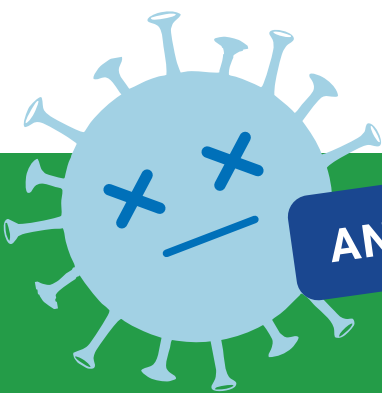
### Immunocompromised individuals

Those with weakened immune systems may need boosters for extra protection.

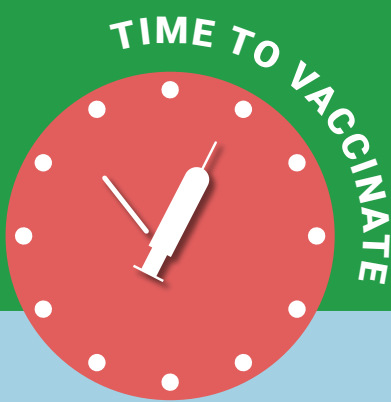
## How do boosters work?

Vaccines introduce antigens (inactivated or weakened versions of viruses or bacteria) to the immune system. After receiving the initial dose, the immune system 'remembers' the disease.

**A booster dose refreshes this memory.**



The next time you come into contact with that virus or bacterium, your immune system recognises it, and quickly produces the specific antibodies to kill it – reducing your risk of getting seriously ill.



Contact your healthcare provider to book your vaccinations.

**Vaccination can protect yourself and others from serious disease.**



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



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