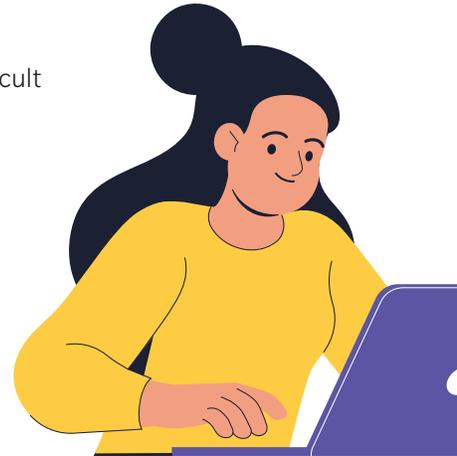


Vaccines 101: What You Need To Know About The Shots You Get

We know that making decisions about getting yourself and your family vaccinated can be difficult without understanding how they work. This factsheet will help you learn more about what's in vaccines, potential side effects, and how they help you fight diseases so you can make an informed decision you're confident about.



What Is In My Vaccine?

There are many different types of vaccines that work in different ways and might have different ingredients. However, these are safe ingredients that are commonly found in many vaccines:



Adjuvants

Adjuvants help your body create a bigger immune response. This includes aluminum, oil and water mixtures, and other fats and man-made nucleic acids.



Antigens

These are used in vaccines to help your body create a specific protective response by your immune system to the type of disease or pathogen you're aiming to fight. These are often weakened or dead versions of the pathogen itself.



Preservatives

This helps prevent contamination. These preservatives are commonly found in some kinds of fish.



Stabilizers

These ingredients keep vaccines from "going bad" after manufacturing. This can include ingredients like sugars and gelatin.

What To Know About Vaccine Side Effects

Not everyone experiences symptoms after getting vaccinated. You may have some side effects after getting the shot for about 24–48 hours, which are typical signs that your body is building protection.

Side effects may include:

- Pain, redness, or swelling at the injection site
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea



A Vaccine's Journey



1: THE SHOT IS GIVEN

First, you'll be given a shot at your local doctor's or pharmacist's office. The shot has a weakened or dead version of a virus in it that can't hurt you.

4: YOU STAY HEALTHY

By getting a vaccine, you are working to keep yourself and others safe from serious diseases, like polio and the measles.



2: YOUR BODY MAKES ANTIBODIES

Just like a teacher, the vaccine teaches your body what to do in case your body comes into contact with that virus again. This is when you may experience side effects.

3: VACCINES HELP FIGHT OFF VIRUSES

If your body comes into contact with a virus, a vaccine helps to make antibodies, which fight off the virus and kill it before you can even get sick.



Where Can I Get a Vaccine?

[vaccines.gov/en](https://www.vaccines.gov/en)



Illinois Department of Public Health Vaccine Homepage

<https://rb.gy/dlhrnc>

More Information on Vaccine Ingredients

[cdc.gov/vaccines/basics](https://www.cdc.gov/vaccines/basics)

Chicago Department of Public Health Vaccine Clinics

<https://rb.gy/7hs2ki>

EverThrive Illinois Resource Hub

everthriveil.org/publications-and-resources

