

Frequently asked questions

Are vaccines safe?

Yes. Vaccines are tested many times before they are approved for use in the population. Vaccines are safe and side effects are usually mild and temporary (e.g., sore arm, mild fever). More serious side effects are possible, but extremely rare. If in doubt, talk to your health care provider or go to the nearest health center.

Can giving a child more than one vaccine at a time overload the child's immune system?

No. Giving a child several vaccines at once does not harm them. In fact, it can protect them from several diseases at once.

Can pregnant women get vaccinated?

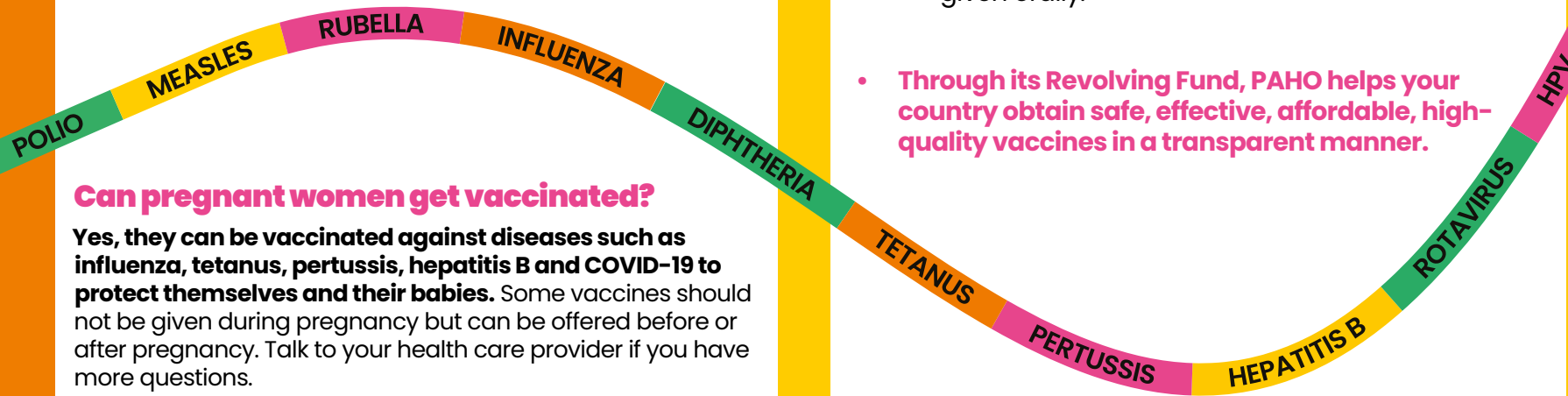
Yes, they can be vaccinated against diseases such as influenza, tetanus, pertussis, hepatitis B and COVID-19 to protect themselves and their babies. Some vaccines should not be given during pregnancy but can be offered before or after pregnancy. Talk to your health care provider if you have more questions.

Do I need to be vaccinated if I am a health care worker?

Because of their work, health care workers are more exposed to viruses and bacteria than other people. All health care workers should receive extra doses of vaccine to protect themselves, reduce their risk of illness, and protect their patients.

Basic facts about vaccines

- **Vaccines help our bodies protect us from serious diseases.**
- **Each vaccine has its own characteristics:**
 - You may need one or more doses at different ages to be fully protected.
 - Some vaccines can protect you from more than one disease at the same time (for example, measles, mumps and rubella; or diphtheria, tetanus and pertussis).
 - Some vaccines are injected, and others are given orally.
- **Through its Revolving Fund, PAHO helps your country obtain safe, effective, affordable, high-quality vaccines in a transparent manner.**



VACCINATION SCHEDULE

Vaccines are safe and save lives!

<https://www.paho.org/en/get-up-to-date>



VWA 2023

VACCINATION WEEK IN THE AMERICAS

#EachVaccineCounts

Bermuda

Get vaccinated at different stages of your life to prevent the following diseases:

GET UP-TO-DATE

The table below shows the diseases that can be prevented at each age by vaccination in your country.

If you think you or your loved ones haven't received all their vaccines, you can get up-to-date!



Pregnant women

Influenza
Diphtheria
Tetanus
Whooping cough
COVID-19



Newborns



First year of life (<12 months)

Diphtheria
Tetanus
Whooping cough
Polio
Hib disease
Hepatitis B
Pneumococcal disease
Rotavirus disease
Influenza



Second year of life (12-23 months)

Diphtheria
Tetanus
Whooping cough
Polio
Hib disease
Hepatitis B
Measles
Rubella
Mumps
Pneumococcal disease
Influenza



Children

Diphtheria
Tetanus
Whooping cough
Measles
Rubella
Mumps
Chickenpox
Influenza
Polio
COVID-19



Adolescents

Influenza
HPV infection
Diphtheria
Tetanus
Whooping cough
COVID-19



Adults

Influenza
Diphtheria
Tetanus
COVID-19



Health workers

Influenza
COVID-19



Older persons

Influenza
Diphtheria
Tetanus
COVID-19