

## 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?

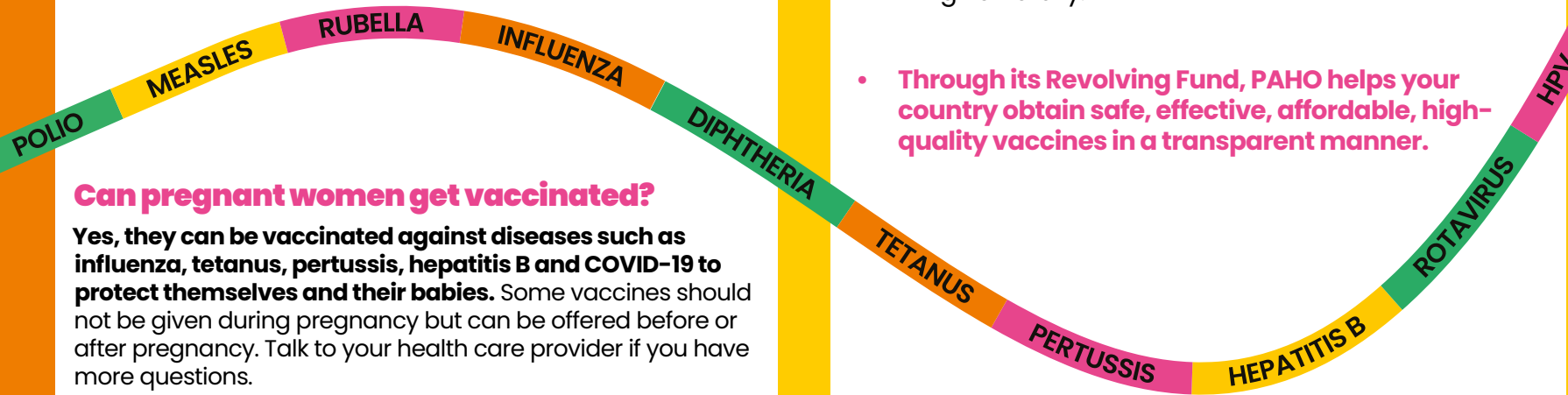
**Yes, they can be vaccinated against diseases such as influenza, tetanus, pertussis, hepatitis B and COVID-19 to protect themselves and their babies.** Some vaccines should not be given during pregnancy but can be offered before or after pregnancy. Talk to your health care provider if you have more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

# Saba

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

### GET UP-TO-DATE

PERTUSSIS

HEPATITIS B

ROTAVIRUS

HPV

YELLOW FEVER

MENINGITIS

COVID-19

#EACHVACCINECOUNTS

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

Diphtheria  
Tetanus  
Whooping cough

#### Newborns

#### First year of life (<12 months)

Diphtheria  
Tetanus  
Whooping cough  
Polio  
Hib disease  
Hepatitis B  
Pneumococcal disease

#### Second year of life (12-23 months)

Measles  
Rubella  
Mumps  
Chickenpox  
Meningococcal disease

#### Children

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

#### Adolescents

Diphtheria  
Tetanus  
Whooping cough  
Polio  
HPV infection  
Meningococcal disease  
Measles  
Rubella  
Mumps  
Chickenpox  
COVID-19

#### Adults

COVID-19

#### Health workers

COVID-19

#### Older persons

COVID-19