

## 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 are extremely rare. If in doubt, talk to your health care provider or go to the nearest health center.

### Are vaccines effective?

**Yes. Vaccination keeps people healthy and has dramatically reduced the number of deaths from vaccine-preventable diseases.** Each year, in Latin America and the Caribbean, vaccines prevent 175,000 deaths in children younger than 5 years. Thanks to vaccines, diseases such as polio, measles, rubella, tetanus in babies and smallpox have been eliminated in the Americas.

### Can children receive more than one vaccine at the time?

**Yes. This option can protect them from several diseases at once** and does not cause any harm.

### 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.

## 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.**

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



**VWA 2024**  
Vaccination Week in the Americas

# Vaccination Schedule

**Vaccines are safe and save lives!**

#GetVax










# Trinidad and Tobago

## Protect your future

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

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	 Newborns	 First year of life (<12 months)	 Second year of life (12-23 months)	 Children	 Adolescents	 Adults	 Health workers	 Older persons
Diphtheria Tetanus Influenza*		<b>2, 4, 6 months</b> Diphtheria Tetanus Whooping cough Hib disease Hepatitis B Polio Pneumococcal disease --- Influenza*	<b>12 months</b> Measles Rubella Mumps Yellow fever  <b>18 months</b> Diphtheria Tetanus Whooping cough Polio Pneumococcal disease --- Influenza*	<b>24 months</b> Measles Rubella Mumps  <b>4-5 years</b> Diphtheria Tetanus Whooping cough Polio --- Influenza*	<b>Every 10 years</b> Diphtheria, Tetanus  <b>2 or 3 doses**</b> HPV infection Influenza*	<b>Up to age 26 years**</b> HPV infection  <b>3 doses</b> Hepatitis B --- Influenza*	Hepatitis B Influenza*	Pneumococcal disease Influenza*

Other vaccines may be recommended for you: COVID-19, meningococcal, rabies, varicella – ask your health care provider

\*Influenza vaccine: 6 months of age and over – seasonal

\*\*Schedule: 2 doses (6 months apart) for immunocompromised individuals 3 doses: (2 and 6 months after initial dose)