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.
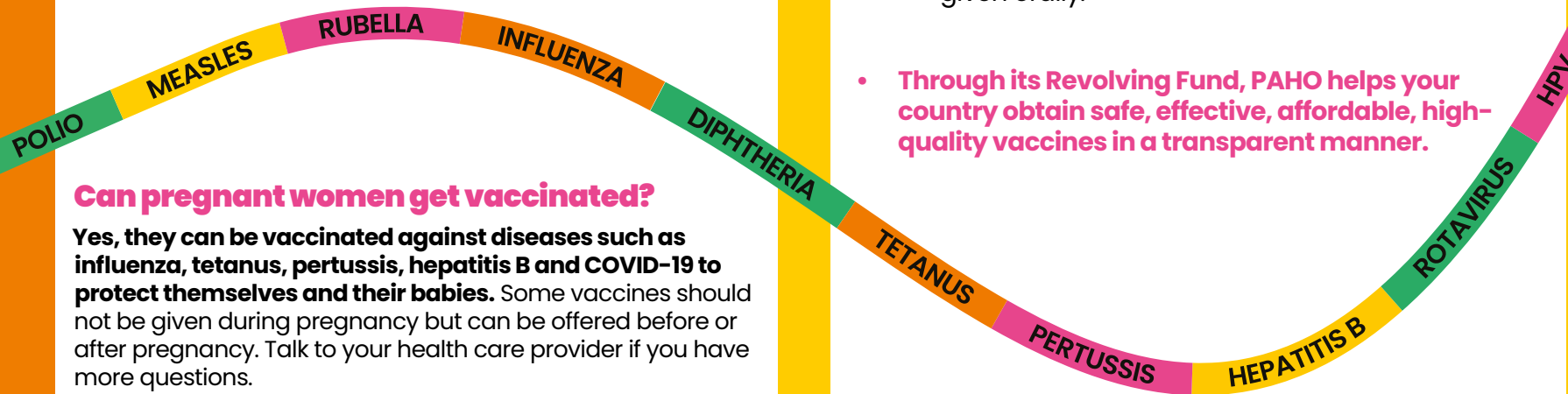
Can pregnant women get vaccinated?

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.**

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

PAHO | Pan American Health Organization / World Health Organization — Americas

PAHO 120th ANNIVERSARY

In partnership with Canada

VACCINATION SCHEDULE

Vaccines are safe and save lives!

POLIO · MEASLES · RUBELLA · INFLUENZA · DIPHTHERIA · TETANUS · PERTUSSIS · HEPATITIS B · ROTAVIRUS · HPV · YELLOW FEVER · MENINGITIS · COVID-19 · #EACHVACCINECOUNTS

VWA 2023
VACCINATION WEEK IN THE AMERICAS

Cayman Islands

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	Newborns	First year of life (<12 months)	Second year of life (12–23 months)	Children	Adolescents	Adults	Health workers	Older persons
Diphtheria	Hepatitis B	Pneumococcal disease	Pneumococcal disease	Chickenpox	Diphtheria	Influenza	Influenza	Influenza
Tetanus		Rotavirus disease	Measles	Diphtheria	Tetanus	COVID-19	Hepatitis B	COVID-19
Whooping cough		Tuberculosis	Rubella	Tetanus	Whooping cough		COVID-19	
Influenza		Diphtheria	Mumps	Whooping cough	HPV infection			
COVID-19		Tetanus	Chickenpox	Polio	Influenza			
		Whooping cough	Influenza	Influenza	COVID-19			
		Polio	Diphtheria	COVID-19				
		Hib disease	Tetanus					
		Hepatitis B	Whooping cough					
		Influenza	Polio					
			Hib disease					