

# Information and Resources to Build Vaccine Confidence for First Nations, Inuit and Métis People

**YOU MAY HAVE QUESTIONS ABOUT VACCINES.** THIS PAGE HAS INFORMATION TO HELP YOU MAKE AN INFORMED DECISION ABOUT VACCINES FOR YOU, YOUR CHILDREN AND YOUR FAMILY.

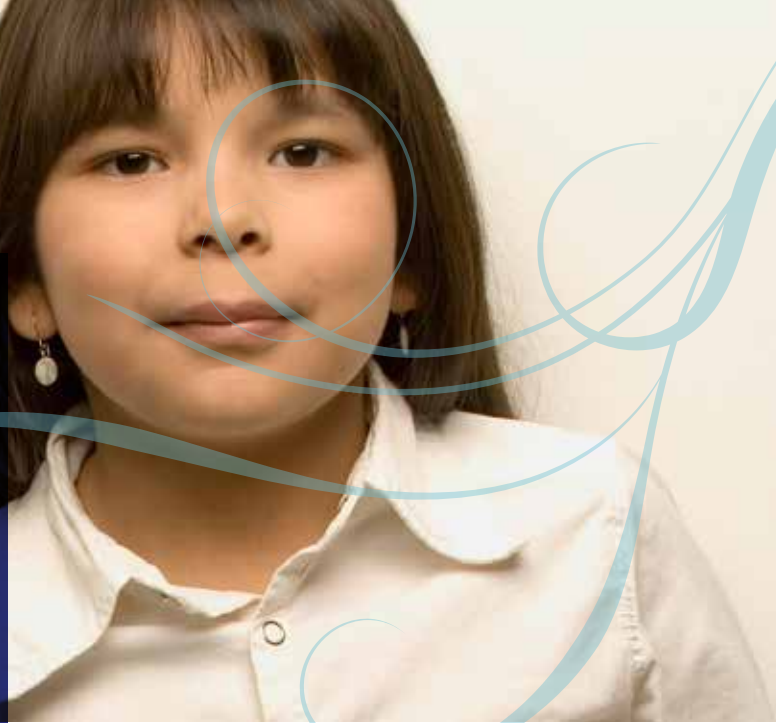
## What do vaccines do?

Vaccines can prevent people from getting sick, having life-long complications or dying from some diseases. Diseases that can be prevented by vaccines are called vaccine-preventable diseases.

In Canada vaccines have protected First Nations, Inuit and Métis people against many diseases for decades. Getting vaccinated (also called immunization) helps protect people who may not be able to get some vaccines, such as babies who are too young or people who have certain health conditions. Vaccines help to build immunity to these diseases and limits their ability to spread in the community.



**Check out this video:**  
<http://bit.ly/vaccine-purpose>



## Do vaccines work?

Yes. Vaccines have helped reduce cases of many infectious diseases like measles, polio and whooping cough. In fact, because vaccines have worked so well, there are almost no cases of these diseases in Canada. However, if not enough people get vaccinated, the diseases could return and lead to more outbreaks and deaths.

**See how vaccines have reduced many deadly diseases:** <http://bit.ly/vaccination-works>

## How do vaccines work?

Vaccines work by introducing an inactive, ineffective or weakened form of the disease germ into the body. Your body can then build immunity to the disease without getting the symptoms or illness.

**Learn more:** <http://bit.ly/how-do-vaccines-work>

## Who are vaccines for?

Vaccines are suitable for most children, youth and adults, including pregnant women.

**Learn more with the following resources:**

**For parents:** <http://bit.ly/vaccines-parents>

**For adolescents:** <http://bit.ly/vaccines-adolescents>

**For adults:** <http://bit.ly/vaccines-adults>

**For those who plan to travel:**

<http://bit.ly/vaccines-travellers>

There are people who cannot be vaccinated due to a severe illness or certain health conditions, however most people can be immunized.



## Are vaccines safe?

Yes. Vaccines in Canada are tested very carefully to make sure that they are effective and safe. This testing is done before a vaccine is approved for use in Canada. Not only are they checked for safety before they are approved, vaccines continue to be monitored for safety for as long as they are used in Canada.

**Learn more about vaccine safety in Canada through the resources here:** <http://bit.ly/vaccines-safety>

## What are potential side effects of vaccines?

Most people who get vaccines do not experience any side effects. When there are side effects they are often mild such as fever, rash, tiredness and aches. There may also be some mild pain, redness or swelling where the needle was given. These side effects only last a day or two. In some rare cases, people may develop a serious side effect such as a high fever or anaphylactic reaction. The vast majority of people who experience serious side effects will recover with no lasting effects. Health care providers are trained to recognize and treat an allergic reaction and will ask you to wait for 15 minutes after receiving a vaccine since most severe reactions occur within the first 5 minutes.

**Learn more about potential side effects:**  
<http://bit.ly/side-effects-vaccines>

Photo: Anthony Johnson, private photo collection



## Vaccinations protect you, your family, friends, and communities

It is your choice whether you want to be vaccinated or have your child vaccinated. As you make your decision, remember that vaccines are proven to be safe.

The side effects are generally much milder than any of the symptoms of the disease itself, which in some cases can lead to death. The more members of a population that have been vaccinated, the more that population is protected from any future outbreaks of the disease.

**For more information about vaccines in your province or territory, review this page from the Government of Canada:**  
<http://bit.ly/vaccine-schedules-Canada>

With thanks to students J. Carroll, J. Daigle, S. MacBean, S. McKee, A. Mercey, O. Obajimi, & S. Woodstock and our reviewers



National Collaborating Centre  
for Indigenous Health  
Centre de collaboration nationale  
de la santé Autochtone



National Collaborating Centre  
for Infectious Diseases  
Centre de collaboration nationale  
des maladies infectieuses

# FACT-FINDING TIPS

When learning more about vaccines on the internet, you can identify websites that are trustworthy and credible by following these tips:

- Look for websites that refer to trusted organizations and scientific evidence
- Ensure that opinions and points-of-views are supported by one or several credible sources of evidence
- Look for information that is practical and clear, and not highly emotional
- Search for resources from well-known organizations (e.g., Immunize Canada)