



# Vaccines protect what matters most

Vaccines are one of the best ways to protect yourself and your loved ones from serious illness. When you get vaccinated, your immune system creates antibodies to recognize and fight disease if you're ever exposed.<sup>1</sup>

## Preventing illness

Vaccines protect you from diseases like measles, whooping cough, the flu, and more. They help reduce your chances of getting seriously sick – and can also protect those around you by stopping the spread of infectious diseases.

## A public health tool

Vaccines have prevented nearly 30 million hospitalizations and over 1 million deaths among children born between 1994 and 2021.<sup>2</sup> That's the power of prevention.

## Immunity without the illness

When you're vaccinated, you build immunity without having to suffer through the disease first. It's safer for you – and better for your family, community, and co-workers. Staying up to date on immunizations helps protect your health and our communities.

Get the facts on vaccines at [kp.org/immunizations](https://kp.org/immunizations)

1. "Explaining How Vaccines Work," Centers for Disease Control and Prevention, accessed April 9, 2025. 2. "VFC Infographic: Protecting America's Children Every Day," Centers for Disease Control and Prevention, accessed April 9, 2025.

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# Las vacunas protegen lo que más importa

Las vacunas son una de las mejores formas de protegerse a usted y a sus seres queridos de enfermedades graves. Al vacunarse, su sistema inmunitario genera anticuerpos que permiten reconocer y combatir enfermedades si llega a estar expuesto a ellas en el futuro.<sup>1</sup>



## Prevención de enfermedades

Las vacunas lo protegen de enfermedades como el sarampión, la tos ferina, la gripe y muchas más. Disminuyen el riesgo de complicaciones graves y también ayudan a proteger a quienes lo rodean al frenar la propagación de enfermedades infecciosas.



## Una herramienta de salud pública

Las vacunas han evitado alrededor de 30 millones de hospitalizaciones y más de 1 millón de muertes en niños nacidos entre 1994 y 2021.<sup>2</sup> Ese es el poder de la prevención.



## Inmunidad sin enfermarse

Al vacunarse, desarrolla inmunidad sin necesidad de enfermarse primero. Le brinda una protección segura y ayuda a cuidar también a su familia, su comunidad y sus compañeros de trabajo. Mantenerse al día con sus vacunas ayuda a cuidar su salud y la de nuestras comunidades.

Obtenga más información sobre las vacunas en [kp.org/immunizations](https://kp.org/immunizations) (haga clic en "Español").

1. "Explaining How Vaccines Work," Centers for Disease Control and Prevention; fecha de consulta: 9 de abril de 2025. 2. "VFC Infographic: Protecting America's Children Every Day," Centers for Disease Control and Prevention; fecha de consulta: 9 de abril de 2025.

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