



# 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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