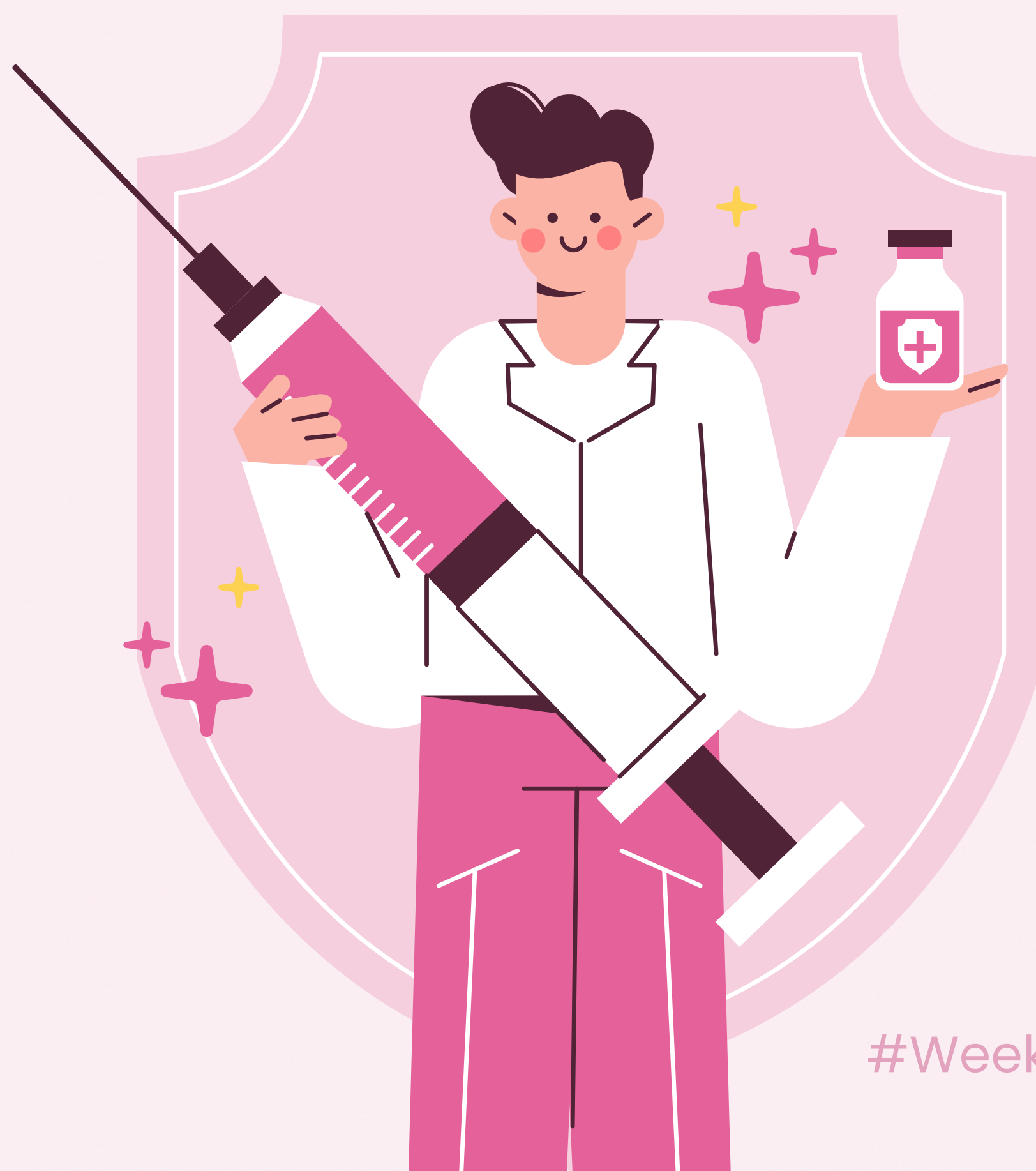


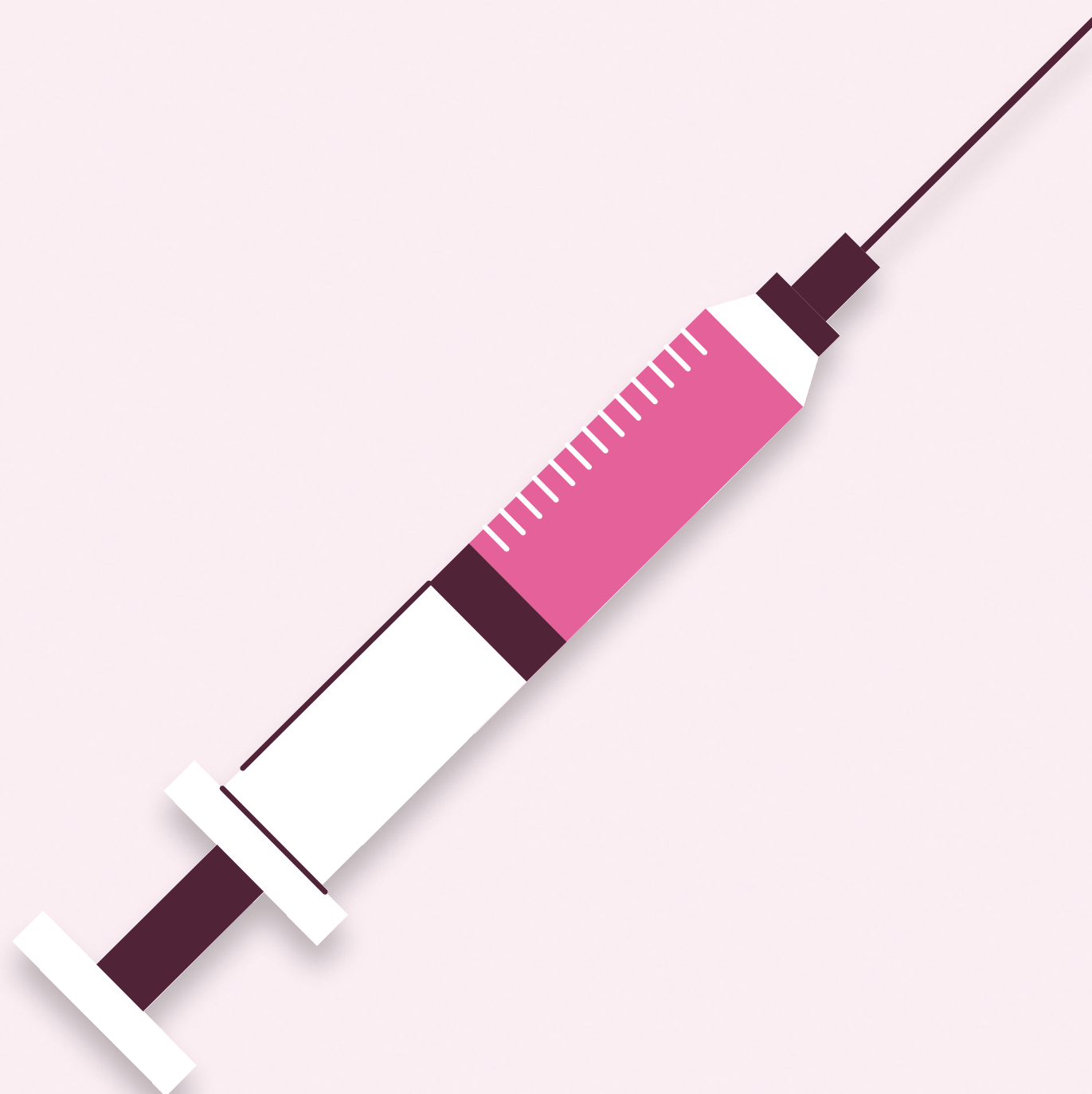
What Are Vaccines?



What Is A Vaccine?

A vaccine is a medicine that trains your immune system to fight off infections. It contains a tiny, harmless part of a virus or bacteria (like a protein or weakened version of the germ).

This helps your body learn what the illness looks like—so if you ever catch it for real, your immune system knows exactly how to fight it off.



How Does It Work?

When you get a vaccine:

- Your body sees the harmless version of the germ.
- It makes antibodies – natural defenders that fight off infection.
- Your body stores this “memory” so it can respond faster and stronger in the future.

This means if you’re exposed to the real illness, you’re much less likely to get seriously unwell.

It’s like giving your immune system a practice run.



Why Are They So Important?

Vaccines don't just protect you – they protect everyone.

- They stop the spread of dangerous diseases like measles, meningitis, and polio.
- They protect people who can't be vaccinated, like those with certain health conditions (this is called herd immunity).
- Some illnesses have been almost wiped out thanks to vaccines!

Vaccines are one of the safest and most effective tools we have for protecting public health.

Trusted Information

Always get your vaccine information from reliable sources.

For comprehensive guidance on NHS vaccinations, visit:
nhs.uk/vaccinations

