

PROTECT YOUR KIDS WITH VACCINES

The Truth About Vaccines

Vaccines are the best and safest way to protect your kids from vaccine-preventable illnesses including the flu and COVID-19.

Vaccines:

- Are **some of the safest and most effective medications** we have.
- **Do not cause Autism Spectrum Disorder.**
- **Do not cause you to get sick**, and side effects are usually mild.
- Can **help pregnant and breastfeeding mothers protect their babies.**
- **Should be given** as recommended by the Centers for Disease Control and Prevention (CDC) schedule.

Remember:

- Everyone who is eligible should **get a COVID-19 vaccination.**
- Everyone ages 6 months and older should **get a flu shot every year.**
- A COVID-19 vaccine and a flu vaccine can be given at the **same time or at different times.**

Ask your child's doctor about your questions.

 Visit choa.org/vaccines to learn more.

