



Vaccination is a right

and an extraordinary instrument of public health, which must be known, valued, disseminated and used well in the interest of individuals and the community. The scientific evidence is clear, vaccination is an essential public health tool and help to guarantee your fundamental rights as a European citizen. We all have a duty and a responsibility to ensure we are vaccinated:

be active on vaccines!

Vaccination **saves 2 to 3 million** lives worldwide **every year.**



Immunization for all throughout life

Equitable access to effective vaccination programmes provide all citizens with the opportunity to live long and healthier lives regardless of gender, age, and social groups. Addressing changes in the demographic structure of the EU's population requires a shift of national immunisation programmes to reflect a life-course approach to vaccination.

As we age, we increase our risk of contracting vaccine-preventable diseases like pneumococcal diseases, herpes zoster (shingles), and influenza among others.

Vaccination against seasonal flu prevents about 2 million cases of influenza per year in Europe.

Do you know what vaccines you need and when?

Immunization throughout the life-course enables adults to age with reduced risk to such vaccine-preventable diseases. The WHO recommend routine immunizations for all age groups - children, adolescents, adults, older adults, international travelers, health workers. Did you know that polio, measles, diphtheria and tetanus are dangerous at any age? All adults are advised to get vaccination. If your children are 9-18 years old, they may be eligible for a number of vaccines: missed routine vaccine doses for diphtheria/tetanus/pertussis booster shot, the HPV vaccine and other vaccines if they are in a high risk category. Travel vaccines are recommended if planning to visit or stay in high-risk area Staying up to date with vaccinations protects you and those around you from serious and potentially fatal diseases.

Ask your healthcare provider for advice on which vaccines are right for you

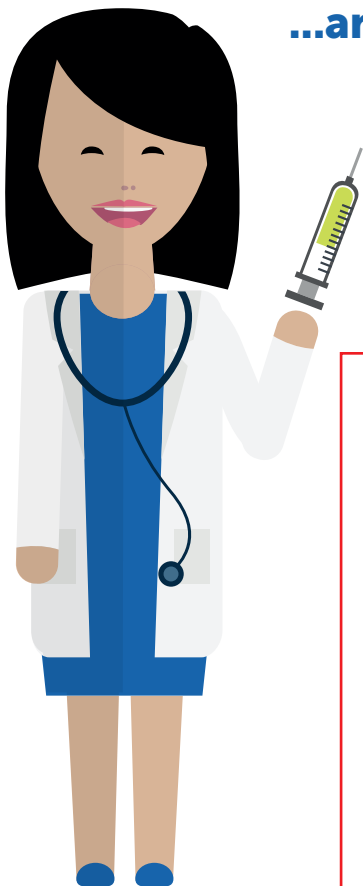


Myths and facts about immunization: consult the right sources!

There is a lot of conflicting information out there about vaccines. Question what you read and hear, understand the facts:

- Vaccines are safe and effective
- Vaccines prevent deadly illnesses
- Vaccines provide better immunity than natural infection
- Combined vaccines are safe and beneficial
- If we stop Vaccination diseases will return

...and consult the official sources
to be correctly informed!



European, National and local institutions:





Web references:

<http://ecdc.europa.eu/>

www.euro.who.int

<http://ec.europa.eu/>

www.hse.ie/eng/health/immunisation/

In Ireland, the Irish Patients Association promotes a life course immunization approach



Irish Patients' Association

<http://irishpatients.ie/>



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