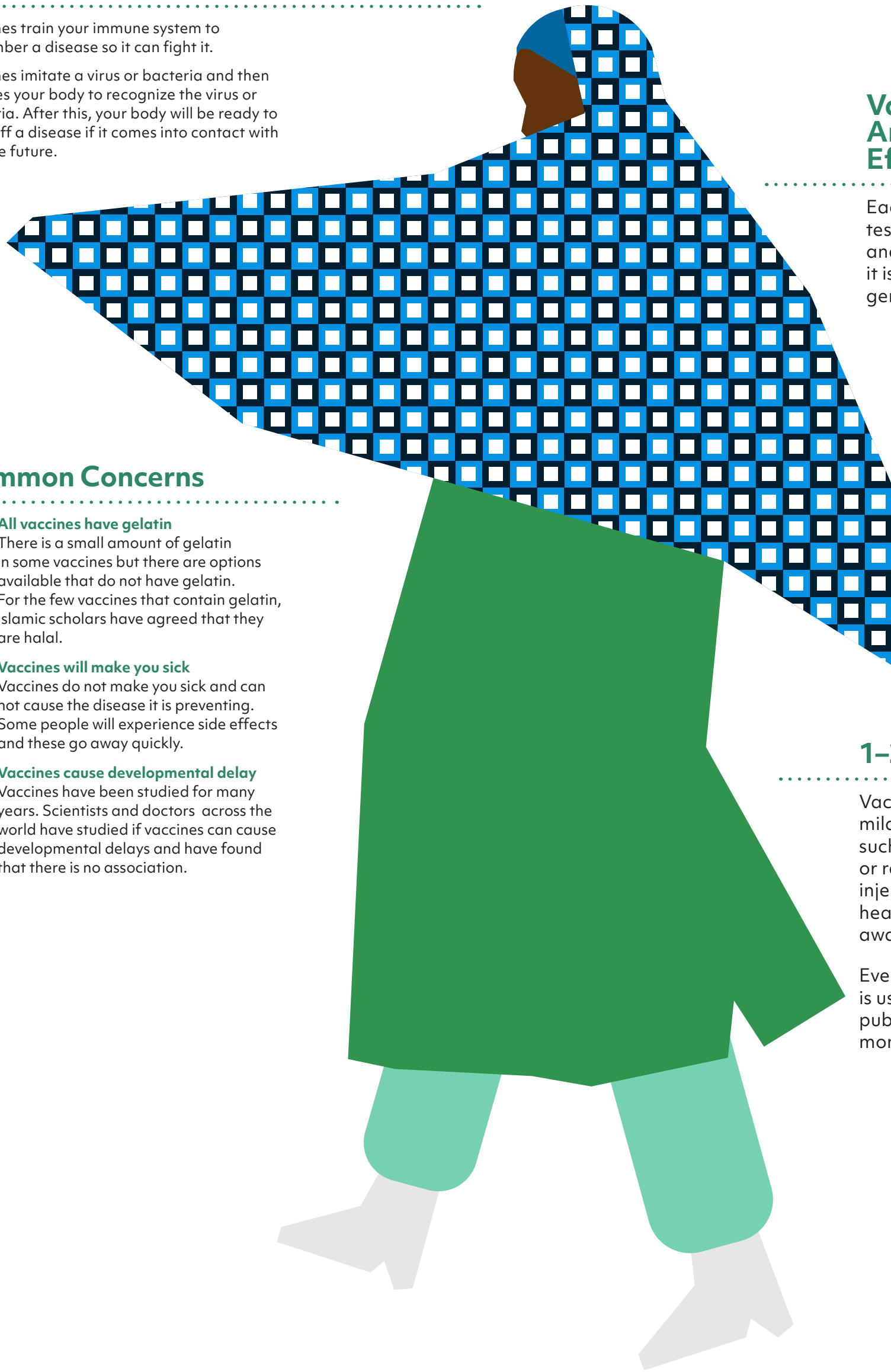
What Are Vaccines?

Vaccines train your immune system to remember a disease so it can fight it.

Vaccines imitate a virus or bacteria and then teaches your body to recognize the virus or bacteria. After this, your body will be ready to fight off a disease if it comes into contact with it in the future.



Vaccines Are Safe & Effective

Each vaccine is tested for its safety and efficacy before it is used in the general public.

Common Concerns

All vaccines have gelatin
There is a small amount of gelatin in some vaccines but there are options available that do not have gelatin. For the few vaccines that contain gelatin, Islamic scholars have agreed that they are halal.

Vaccines will make you sick
Vaccines do not make you sick and can not cause the disease it is preventing. Some people will experience side effects and these go away quickly.

Vaccines cause developmental delay
Vaccines have been studied for many years. Scientists and doctors across the world have studied if vaccines can cause developmental delays and have found that there is no association.

1–2 Days

Vaccines can have mild side effects such as fever, pain, or redness at injection site, and headache. These go away in 1–2 days.

Even after a vaccine is used in the public, safety is still monitored.

Vaccines Are Safe & Effective

Where Can I Go To Learn More?

It is important to get vaccine information from trusted sources.

— Talk to your doctor!
— Look at the Centers for Disease Control and Prevention's (CDC) website
— Or visit Healthychildren.org

Somali Health Board
Peace, Unity, Life, Health