

How Vaccines Help Keep You Healthy

CVEEP
Fighting Infectious
Respiratory Disease

A guide to understanding the benefits of vaccination

Why Vaccines Matter

Vaccines are a powerful tool to help keep you healthy.

They teach your immune system to fight disease—**without the dangers of full-blown infection.**¹ Much like eating a balanced diet, exercising on a regular basis, and going for annual check-ups, staying up to date with recommended **vaccines is an essential part of a healthy, prevention-focused lifestyle.**

The Benefits of Vaccination



Vaccines can help protect you from serious illness.

From childhood through adulthood, recommended vaccines reduce the risk of diseases that can cause serious illness, less time for activities, long recoveries, hospital stays, and even death.

- ▶ In the U.S. alone, routine childhood vaccines have prevented about 1.13 million premature deaths among children born between 1994 and 2023.¹



Vaccines can help lower your risk of long-term health issues.

Vaccines can help lower your risk of complications that may require ongoing treatment or lead to chronic health conditions.

- ▶ Older adults hospitalized with flu are at increased risk for lasting complications like heart attacks or strokes. Flu vaccination is associated with a 34% lower risk for major adverse cardiovascular events.^{2,3}



Vaccines can help you keep your routine on track.

Vaccines can prevent illness and, for those who do get sick, vaccines can lessen the severity of illness. This means fewer missed days of work, school, and the activities you enjoy most.

- ▶ Influenza infections lead to over 20 million lost work days annually.⁴



Vaccines can help save you money.

Fewer healthcare visits, fewer prescriptions, and fewer hospital visits mean fewer bills and less out-of-pocket costs.



Vaccines can help protect those around you.

For many diseases, when more people are vaccinated, everyone benefits—including babies, older adults, and people with weakened immune systems—because fewer people get sick and can spread disease.

Take Charge of Your Health

Staying up to date with recommended vaccines can help you and the people you care about stay healthy and active.

[Click here to learn how vaccines reduce costs.](#)

¹ <https://www.cdc.gov/vaccines/basics/explaining-how-vaccines-work.html>

² <https://www.nfid.org/infectious-diseases/flu-and-older-adults/>

³ <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2791733>

⁴ <https://pubmed.ncbi.nlm.nih.gov/29801998/>