



Over the years, people have become more and more doubtful about getting vaccinated. With so many products and medicines on the market, do we really still need them? The answer is YES and here's why.

Firstly, let's look at how a vaccine works. A vaccine is a type of medicine that gets injected into your body to help your immune system get stronger. A vaccine tricks the body into believing that it's been infected by a germ. Your immune system then prepares the right tools to fight this 'fake' germ. This whole process prepares the body for battle, in case it needs to fight the real germ in the future.

As a parent you have a choice whether to vaccinate your children or not. However, before you make a decision, make sure to look at all the facts. The World Health Organization recently had a look at some of most common questions raised about vaccines <http://www.who.int/features/qa/84/en/>

Top 5 most frequently asked questions:



So often, we ignore a harmless cough or sneeze. We spray away, without covering, and never think about the germs we are releasing into the air.

This month is TB awareness month. TB stands for Tuberculosis, which is a lung disease, easily spread through germs when COUGHING or SNEEZING.

1. How safe are vaccines?

Vaccines are very safe. There are more benefits than risks. According to WHO, more injuries and deaths occur without vaccines.

2. Will living a cleaner life make diseases go away?

Many diseases spread even if we are clean. And if people are not vaccinated, old diseases like, polio and measles, can reappear.

3. Do vaccines cause autism?

Most scientists say that there's no scientific evidence that vaccines cause autism. A study in 1998 first raised concerns about a possible link but was later found to be incorrect. Remember that failure to vaccinate children leaves them unnecessarily at risk.

4. What type of diseases are prevented by vaccines?

Illnesses such as measles, mumps and rubella are serious and can lead to severe complications in both children and adults. These complications include: pneumonia, blindness, diarrhoea, ear infections, and death.

5. Will we ever live in a disease-free world?

Some diseases have become uncommon in many countries. HOWEVER, the germs that cause them continue to live in many other parts of the world. And because people travel so much, these germs can infect anyone who is not protected.



Speak to your Professional Nurses, Katie, Johanita and/or Webson at the Middelburg office. The Professional Nurses Katie or Webson will visit Columbus Stainless (on-site clinic, Block B) every Wednesday morning. Sister Katie or Sister Johanita visits Thos Begbie on Tuesday morning between 08h30 to 12h00.

<http://yourfund.co.za/am/>

087 740 2815 (Middelburg office)
