



# Answers to Common Vaccine Questions for Parents and Caregivers



Below are answers to some common vaccine questions. All were fact checked by trusted Elders, Native health professionals, and experts at Tribal organizations.

## How Do Vaccines Work?

Vaccines teach our body's warrior cells – or antibodies - how to see and fight certain serious diseases.

## Do Healthy Kids Need Vaccines?

Even healthy kids need vaccines. Our warrior cells must be taught how to see and fight diseases, like cancer, measles, and polio. Without this knowledge they can't protect us.

## Why Do Babies Need So Many Vaccines?

During pregnancy and breast/chestfeeding our bodies pass warrior cells to our baby. This early protection starts to fade soon after birth. That's why babies need several vaccines quickly.

## Is It Safe to Give Kids Multiple Shots?

Yes. It reduces clinic visits for your family. Plus, it's better for your child. Consider this - if your child gets multiple vaccines, they might feel mild vaccine side effects – like fever or muscle aches – for 1 or 2 days. However, if they get one vaccine at a time, they may experience *many* days of mild vaccine side effects.

## Do Vaccines Make Kids Sick?

No. Vaccines may cause mild side effects, like fever or muscle aches. Mild side effects are a good sign your child's body is preparing to fight against disease. They go away in a few days.



## Do Vaccines Cause Autism?

No. Researchers investigated and found zero evidence linking vaccines to autism. Our collective of Native doctors makes sure their kids get all their vaccines. And they wouldn't recommend anything they wouldn't do themselves.

## Do Vaccines Contain Harmful Ingredients?

No. Vaccines contain natural ingredients common in food, like sugars and proteins. After vaccines prepare your warrior cells to fight disease, they leave your body.

## Why Should I Vaccinate My Child If They Aren't 100% Effective?

Vaccines' strength is that they protect us from *serious sickness*. For example, kids who get the yearly COVID vaccine are about 90% *less likely* to get COVID. If your child gets sick, their symptoms will likely be mild if they have any at all.

## Are Native People Part of Testing Vaccines?

Yes. Tribes and Native people help test vaccines. This makes sure they're safe and they work for everyone – including our kids.

## Will My Child's Body be Stronger or More Protected if They Get Sick Naturally?

There is no way to know how your child will respond to getting sick with a particular illness. That's why getting them vaccinated is better than allowing them to get sick. Vaccines teach us how to fight certain diseases *without* the risks of serious sickness.

## Are Vaccines Safe?

Yes. They go through many safety tests before being approved. And many Native people volunteer to help test vaccines. That's why we know vaccines are safe for our kids. Also, serious reactions to vaccines are extremely rare. People are more likely to get hit by lightning than have a severe allergic reaction to *any* vaccine.



## Learn More

Talk with your health provider about what vaccines your child needs and visit Native Boost for accurate childhood vaccination information you can trust.  
[IndianCountryECHO.org/Native-Boost](https://IndianCountryECHO.org/Native-Boost)

