



## Health Yourself Byte

### HOW VACCINES WORK

When it comes to vaccinations, there are a series of steps that your body goes through in fighting disease:

1. A “vaccine” is administered usually by an injection, but the influenza vaccination may be given to “healthy people age 5-49” via a nasal spray.
2. Over the next few weeks, the body makes antibodies and memory cells against the weakened or dead germs in the vaccine. With the flu vaccine, it takes about two (2) weeks to develop the antibodies.
3. These antibodies will be able to fight the “real” disease germs if the person is exposed to that particular germ.
4. The antibodies will help to destroy the germs and the person will NOT become ill.
5. In some cases, antibodies and memory cells stay on guard in the body for years after the vaccination (i.e., Hepatitis vaccinations)



Long term protection is NOT developed in response to the FLU VACCINATION. An individual needs to have the vaccination every year since the vaccine is specifically made to target the flu viruses that are expected to be the most common for that year.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical  
Center of Plano