

# IT'S TIME TO GET VACCINATED





**Your doctor is the best source of information specific to you and your family.**

This booklet was created to help Australian children understand vaccines. You can find more information at [vaccinehub.com.au/with-vaccines](http://vaccinehub.com.au/with-vaccines). This booklet was adapted with permission from 'It's Vaccine Day', written and illustrated by Gail Condon (paediatric nurse) and Dr Michael Carter (paediatrician). Copyright Writing for TiNy, 2017.

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**THIS BOOK BELONGS TO**

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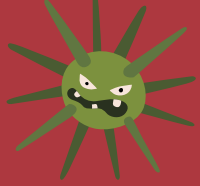
# WHY WE GET VACCINATED

Vaccines are a type of medicine that is usually given as an injection by your doctor, nurse or pharmacist.

They were invented a long time ago to help stop people getting sick.

Vaccines are given to babies, children and grown-ups all over the world.





# WHAT DO VACCINES DO?

Some types of sickness are caused by tiny bugs. When these bugs get inside our bodies, they can make us feel very sick.

Vaccines help our bodies recognise and fight these bugs to stop us getting sick.

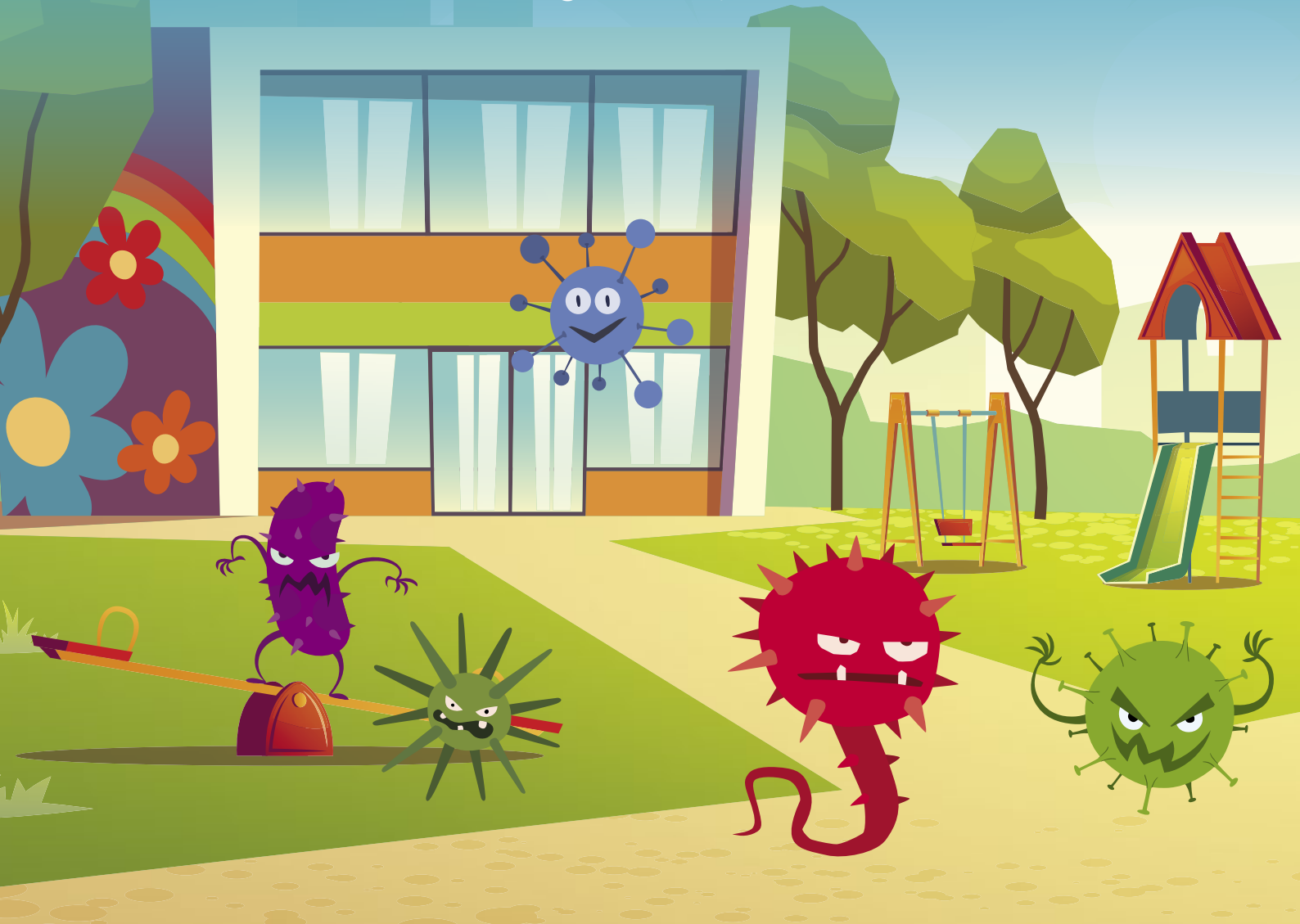


# WHERE DO BUGS COME FROM?

There are tiny bugs all around us, all the time, even inside our bodies.

Most of these tiny bugs are harmless.

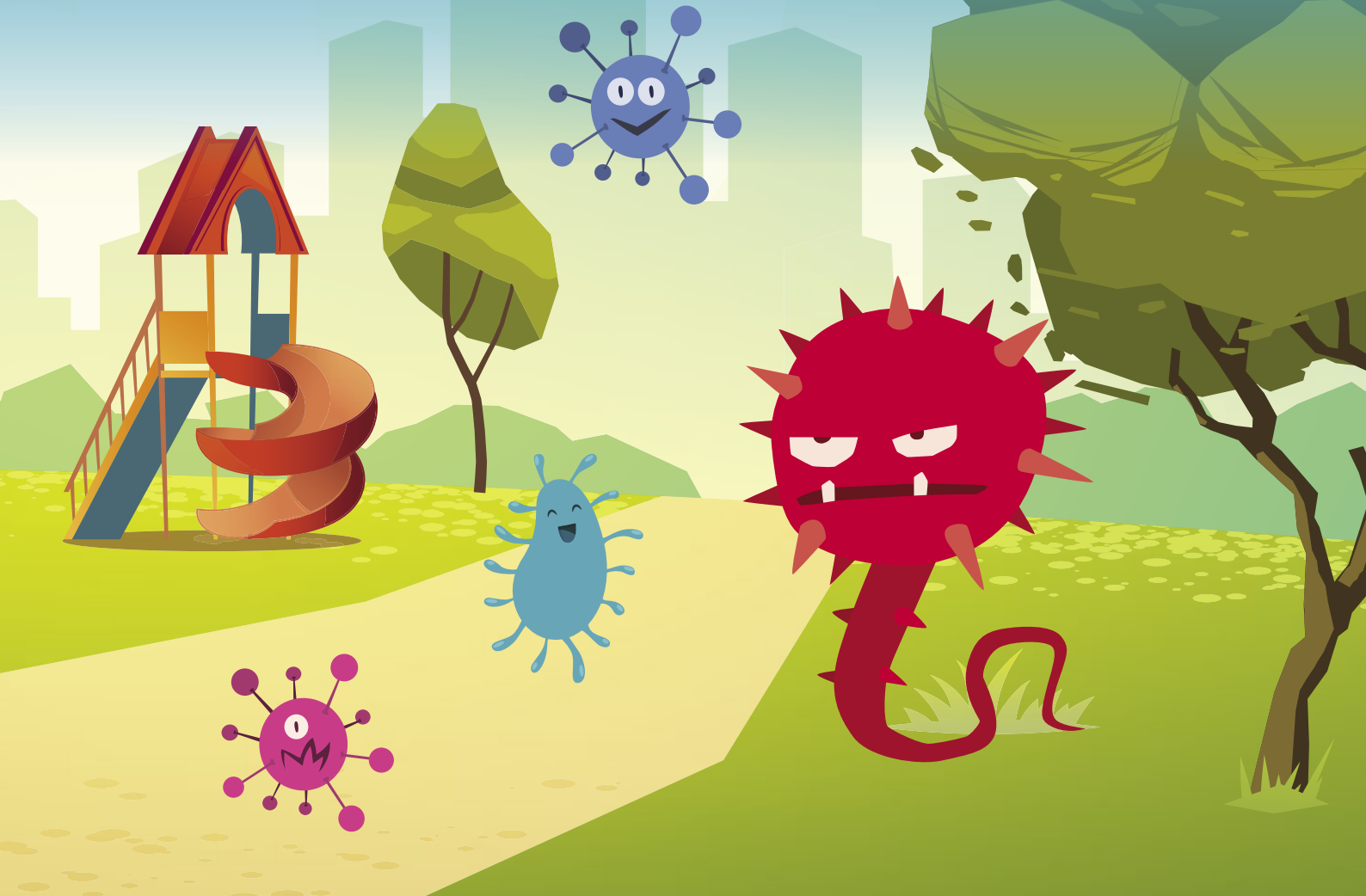
But some of these bugs are bad, and can make us sick.



You cannot see these bugs with just your eyes.

You need to look at them under a microscope.

Because we can't see them, if we catch a bad one, it is easy to spread it around or pass it on to our friends.



# HOW DO OUR BODIES FIGHT BUGS?

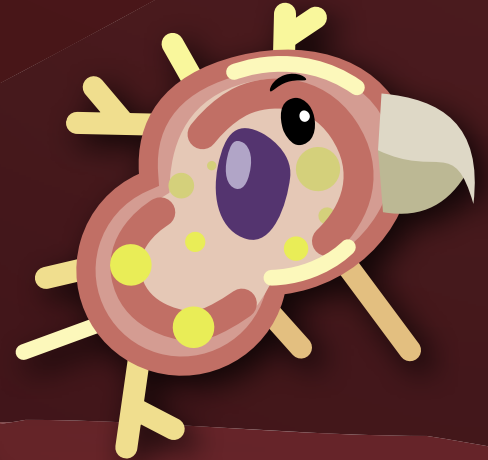
Luckily, our bodies fight these bugs using our immune system.

Our immune system has a special team of white blood cells that live in our blood.

These cells are like our body's own personal soldiers.

## Heidi, the Helper T Cell

Heidi helps the rest of the team to do what they do best.



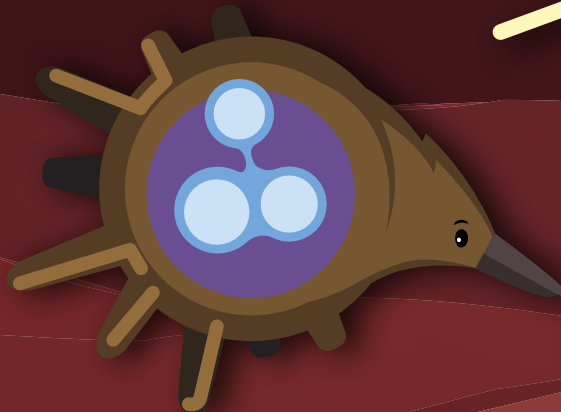
## Billy, the B Cell

Billy puts special flags on the bugs so that the team can recognise the bugs.



## Nancy, the Neutrophil

Nancy keeps a look out for bugs. She is the first responder.





These immune soldiers travel around our bodies all the time,  
ready to defend us against bad bugs.

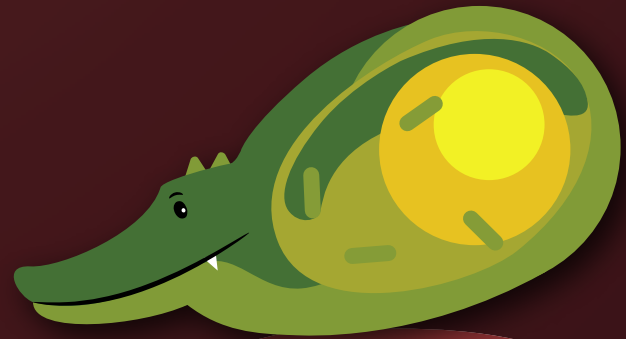
When they see bugs attacking us, the immune soldiers fight them.

This stops us getting sick.



**Mick, the Memory Cell**

Mick can remember any bug that  
has already been in the body.  
This helps the team to act faster.



**Fred, the Phagocyte**

Fred devours the bugs. This stops the  
bugs from making us sick!

# HOW GETTING VACCINATED HELPS

Getting vaccinated gives your body the plans it needs to make more immune soldiers.

This makes your body stronger and helps your immune soldiers fight off the bugs quickly.



# HOW CAN I GET THE VACCINE?

To get the vaccine into your body, the doctor or nurse injects it with a needle and syringe.

It might hurt a bit when the needle goes into your arm.

Being brave and getting vaccinated will help you stay strong and healthy.



# SOMETIMES VACCINES HAVE SIDE EFFECTS

After getting vaccinated, most people will have something called a 'reaction'.

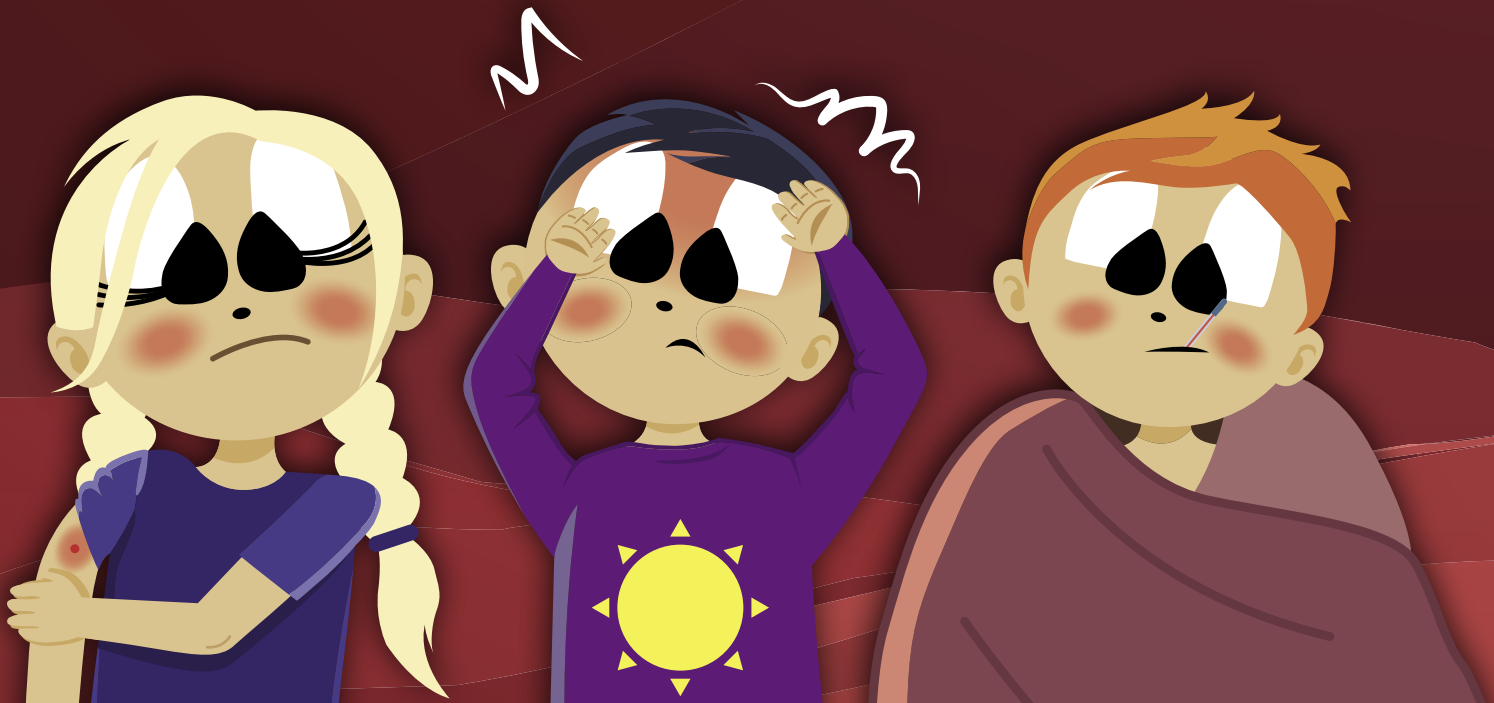
Vaccine reactions can be things like:

A sore arm

A headache

A high temperature or feeling a bit warm or dizzy

This is a sign that the vaccine is working hard to protect you better.



Reactions are common and happen to almost everyone after vaccination.  
They usually go away on their own in a few days.



Everyone should be proud to get vaccinated.  
It helps keep all of us happy and healthy.

After you get your vaccination you can go back to exploring,  
learning and having fun.

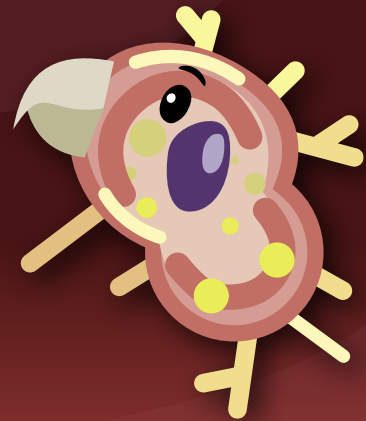
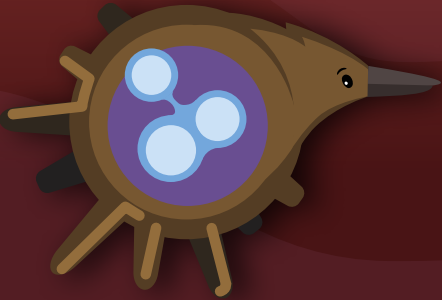




Most people you know have probably been vaccinated.  
We are creating a healthy future together.



# WHAT ELSE SHOULD WE KNOW ABOUT VACCINES?

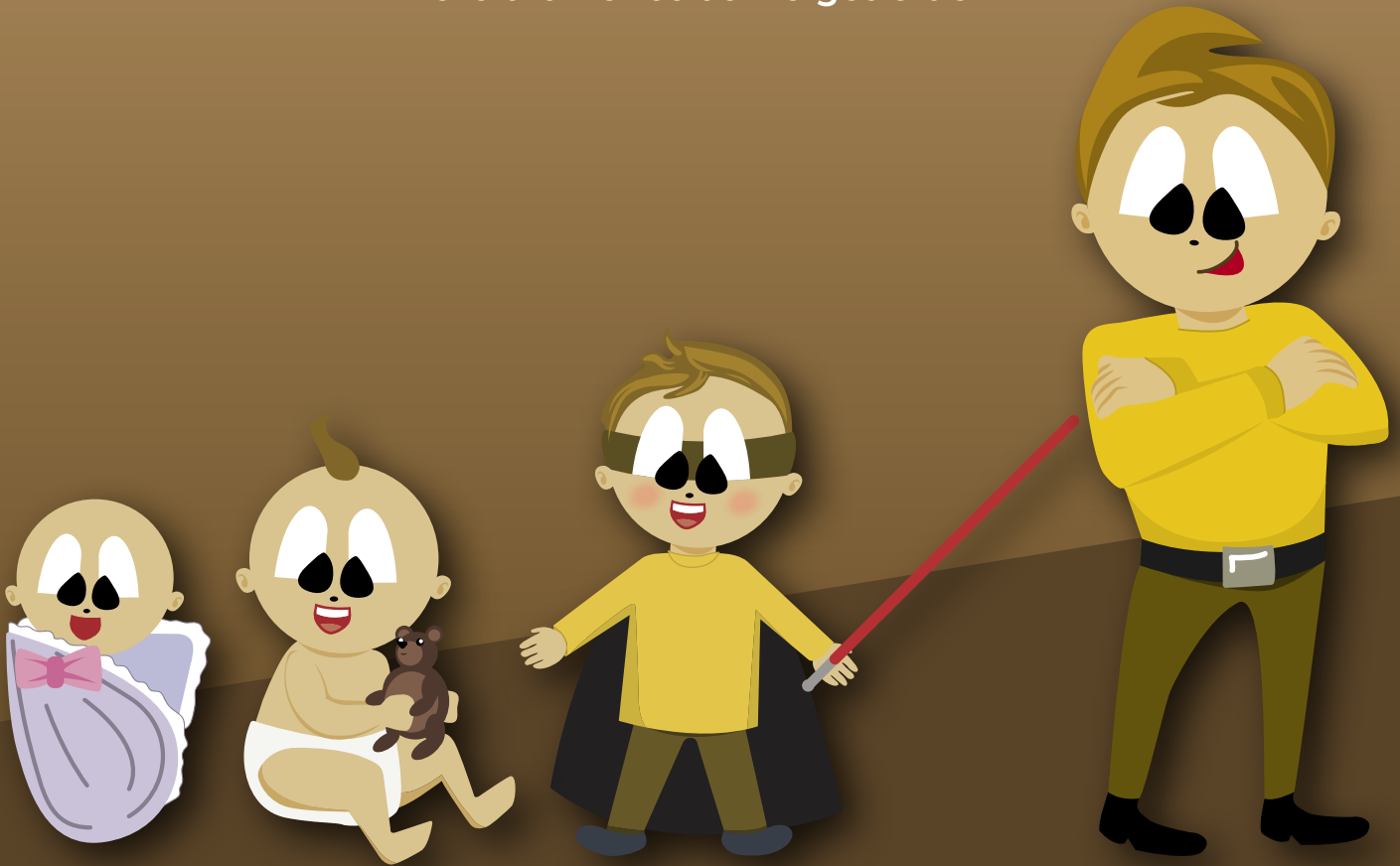




# SOME VACCINES NEED A REMINDER CALLED A 'BOOSTER'

Just like people forget and need a reminder, so do our bodies.

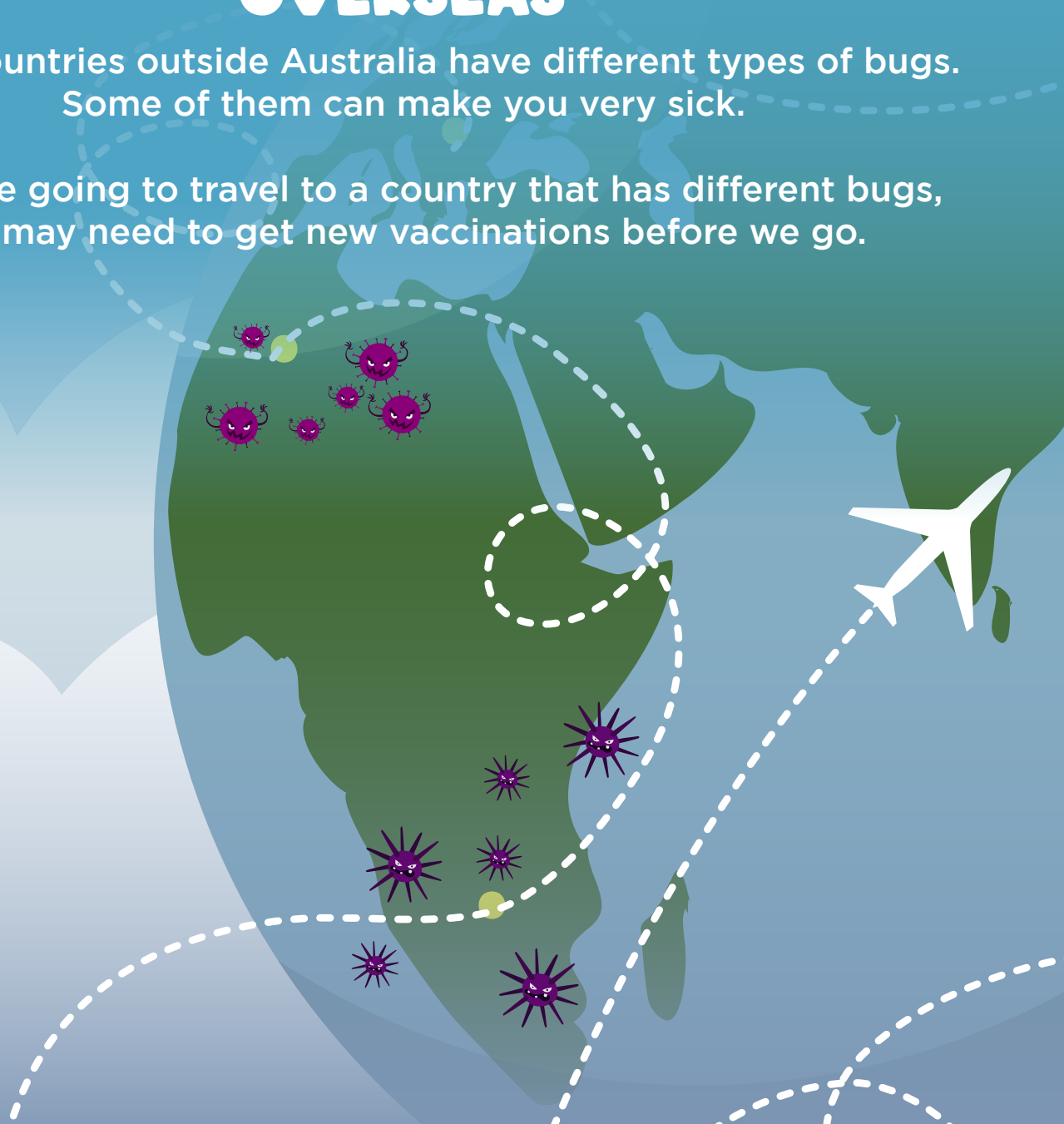
So, to help our immune soldiers stay as strong as possible, some vaccinations, such as the flu vaccine, need to be repeated more than once as we get older.



# VACCINATIONS FOR TRAVELLING OVERSEAS

Other countries outside Australia have different types of bugs. Some of them can make you very sick.

If we are going to travel to a country that has different bugs, we may need to get new vaccinations before we go.



The background features a stylized map of Australia and Southeast Asia. A dashed white line traces a path from the top left, through Southeast Asia, and down to Australia. Various germs are scattered across the map: green star-shaped germs in the top left, red germs with 'M' on Southeast Asia, and purple germs with angry faces on Australia. The background is a gradient of blue with white clouds on the right.

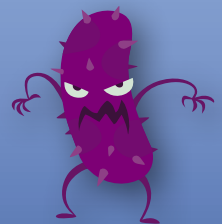
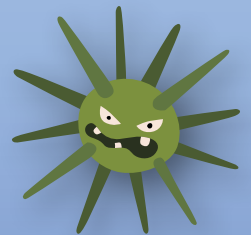
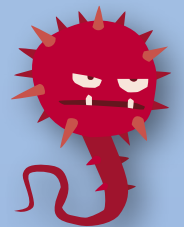
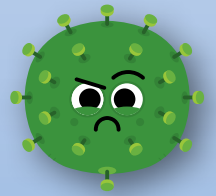
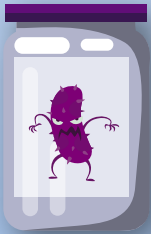
These are called 'travel vaccines'.

They help our immune soldiers recognise bugs that we don't usually see in Australia.

Travel vaccines help us stay happy and healthy on our holidays.

# VACCINE MATCH

Match the vaccines with the bugs!



# WORD SEARCH

Find the hidden words

M C M E M O R Y I N T M  
I V W C B D O C T O R H  
L V A C C I N E P I A E  
T S Y S T E M O X T V L  
H E A L T H Y S F C E P  
G R B A C T E R I A L E  
I N J E C T I O N E N R  
F B O O S T E R O R A W

Find the following words

Bacteria  
Booster  
Doctor  
Fight

Helper  
Healthy  
Injection  
Memory

Reaction  
System  
Travel  
Vaccine

# **IMMUNE SOLDIERS**

Draw a picture of the white blood cells

# BUGS

What do you think invisible bugs look like?  
Draw a picture!



This booklet is designed to help  
school age children  
understand vaccinations.



[vaccinehub.com.au/  
with-vaccines](https://vaccinehub.com.au/with-vaccines)

sanofi



With  
Vaccines



Immunisation  
Foundation of Australia



arterial  
education