

Vaccines Help Protect Us

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today, we're talking about vaccines and why they're so important.

[Kaya] Our bodies have an immune system that protects us from infections and diseases. Basically, a vaccine helps get our immune system ready to fight off a certain illness.

[Chris] A vaccine is usually made of the germ that could make you sick, but the germ is weakened or killed.

[Kaya] When a vaccine enters our body, the immune system thinks it's the real germ and responds to it the same way it does to germs – it fights it. But, the vaccine is easier to fight than the illness you're being vaccinated against, and it won't make you sick. Once the immune system figures out how to fight a germ and win, it remembers what works. Should such an enemy enter your body again, your immune system is ready to fight it off and will move to attack before it has a chance to make you sick.

[Caydan] Sometimes our immune systems need a refresher course, which is why we get booster doses of some vaccines.

[Chris] Some germs are tricky and change over time, like flu viruses. We need to get the flu vaccine *every* year so our bodies can be ready to take on the latest flu viruses!

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO.