

Last updated: July 3, 2022 Ouch...I don't like going to the doctor's office....



Yes, you got a lot of shots today! You did great.

But **why** do I have to keep getting them?

Yes, I know the shots hurt.



But they are actually very important!

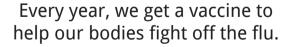
They are **vaccines**. They keep you healthy!



**Vaccines** help your body fight off dangerous diseases.

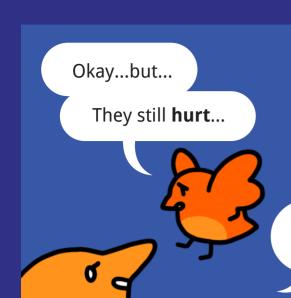


Vaccines help **all** of us! Both **kids** like you and **adults** like me.



Babies also get many vaccines to protect them from bad diseases.

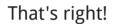




Yes, I know. I don't like getting shots either!

But I'm still going to get them when I can!







Just remember:

That little pinch...

...can help us both avoid getting really, really sick!

## Okay!

The next time I need to get a vaccine, I'll try my best to be brave like you!



We'll both be brave together!



If you have questions about vaccines, ask a trusted adult, like your parent, guardian, or doctor.