

INFORMATION YOU AND YOUR FAMILY CAN TRUST!



Vaccines save lives.

For hundreds of years, vaccines have protected people from serious diseases. In the last 50 years alone, they have saved more than 150 million lives around the world.

But not everyone gets the same protection.

People of color are less likely to get vaccinated, which means they are more likely to get sick, go to the hospital, or even die from diseases that vaccines can prevent.

Get The Facts!



280 children died last flu season
– the highest in 15 years



People of color were nearly **2x more likely** to be hospitalized with flu



Less than 50% of adults got a flu shot – and vaccination rates keep going down



Similar disparities are seen with other vaccines among different racial and ethnic groups



What Are Vaccines?

Vaccines help your body fight sickness.

They train your immune system to remember germs, so you're protected if you meet them again later.

Some vaccines need more than one shot to work best. Others need a booster later to keep you protected.

Stay Informed!



ADULT VACCINES

#DONTWAITVACCINATE

Talk to your community about adult vaccinations! Use our communication toolkit

VaccineFinder

Find where you can get vaccines near you!

See the next page for more facts and resources



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Center for
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Quality and Equity

NMQF VACCINE UPDATE: NOVEMBER 2025

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Healthy Families Start with Facts

It's not just kids that should get vaccines!

Vaccines are important at every age. They help protect older adults and people with long-term health problems like heart disease, diabetes, and emphysema. See: [US Vaccine Recommendations](#) – National Foundation for Infectious Diseases (NFID)

Vaccine side effects are rare

Serious reactions are very rare. Most side effects are mild, like a sore arm or a small fever.

Pregnant people can get vaccines



Vaccines help protect pregnant women and their babies from serious diseases. During pregnancy, you may get vaccines like influenza, Tdap, COVID-19, and RSV. These vaccines help keep you healthy and protect your baby after birth. For more information, visit the [American Academy of Family Physicians \(AAFP\)](#).

Vaccines prevent serious illnesses

Many people don't realize how serious vaccine-preventable diseases can be. Illnesses like influenza and RSV can cause dangerous complications and even death, especially in babies and people with long-term health problems.

THE STEVENSON FAMILY
Kaden Stevenson

Kaden was an otherwise healthy, active 7-year-old who ended up losing both of his legs due to complications from flu.



Watch Kaden's story [here](#)

 Have more questions about vaccines? Check out the trusted websites below, reviewed by NMQF. And don't forget to ask your doctor or pharmacist if you need more guidance.



Facts about autism and vaccines

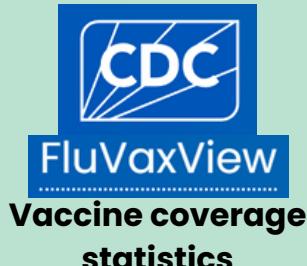


History of Vaccines

Myths and history of vaccines



Myths and Facts About Vaccines



Vaccine coverage statistics



Vaccine information and locator tool



Vaccine questions & answers

The National Minority Quality Forum (NMQF) and the Center for Sustainable Health Care Quality and Equity (SHC) are committed to promoting health equity in every community. We thank our experts — Dr. Yabo Beysolow, Ms. Abby Bownas, Dr. Keith Ferdinand, and Dr. Donney John — for helping guide this information.

Learn more at: <https://shc.nmqf.org>.



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