



Vaccines Build Antibodies!



What are antibodies?

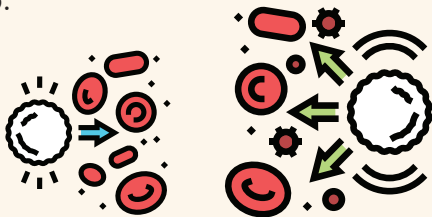
Antibodies are part of our body's defense system. They protect us when substances that cause disease enter our bodies. These substances include bacteria, viruses, fungi, allergens, venom and other toxins.

We can find antibodies in people who have recovered from an infection. We can also find them in vaccinated people.



How do antibodies fight off germs?

Substances that cause disease look different from our cells. When one of these substances enters our body, our immune system recognizes it doesn't belong. And it signals for help.



Disease-fighting cells called **B cells** then start to multiply. They release millions of antibodies. And the antibodies find the substances that cause disease to take them out of our system.

Why are vaccines so important?

Vaccines help us make those antibodies. They provide us with the best protection against diseases *BEFORE* we get sick.

Vaccination is the key to

- avoiding symptoms,
- getting sick or
- even dying from a disease that you can prevent with a vaccine.

You could be at higher risk of disease because of your age or certain illnesses. It is critical that you follow the CDC's recommended vaccination schedule. Stay up to date with your vaccines.



Vaccines save lives.

Learn more about the vaccines we offer and schedule an appointment. Visit austintexas.gov/health

