WEBVTT Kind: captions Language: en

00:00:04.933 --> 00:00:07.266 When you get a vaccination against a disease,

00:00:07.267 --> 00:00:09.532 one of the processes that occur in your body

00:00:09.533 --> 00:00:11.299 is an immune response

00:00:11.300 --> 00:00:15.366 that hopefully protects you when you see the real virus.

00:00:15.367 --> 00:00:17.366 Now, when your body produces that

00:00:17.367 --> 00:00:18.966 immune response to the vaccine,

00:00:18.967 --> 00:00:21.699 it can manifest as symptoms,

00:00:21.700 --> 00:00:25.999 and, frankly, those vaccine reactions can mimic the flu itself.

00:00:26.000 --> 00:00:27.932 Some people can have muscle aches,

00:00:27.933 --> 00:00:31.199 feeling weak, fatigued, sometimes even fevers.

00:00:31.200 --> 00:00:34.499 That should not discourage individuals from taking the flu vaccine.

00:00:34.500 --> 00:00:39.632 Getting the flu shot can still mitigate the severity of the disease.

00:00:39.633 --> 00:00:43.066 Vaccines don't save lives, but vaccination does.

00:00:43.067 --> 00:00:45.499 We can always have effective vaccines,

00:00:45.500 --> 00:00:46.899 but if people don't take them,

00:00:46.900 --> 00:00:51.200 then we don't achieve the protection that we all desire.