

Community Immunity



We recycle, support local businesses, and help our neighbors. That's part of building a healthy community. What else can we do? Create a barrier to some dangerous, but preventable diseases—build your community's immunity!

What is Community Immunity?

Community Immunity is when the vaccinated community helps protect those who are unprotected. When most people are vaccinated, diseases can't spread as easily. This protects the few among us who are not immune.

Depending on the disease, about 80% to 94% of people in your community need to be vaccinated to protect those most at risk.

California's overall vaccination rate is high. But some schools have 50% or more unvaccinated kids. Your child or community could be at risk.

Who needs our help?

Lots of people! Unprotected kids or adults we pass in the supermarket, at the playground, and those we know and love, also:

- **Babies too young to be vaccinated** (whooping cough can be life-threatening)
- **People with weak immune systems** (due to disease or medical treatments—like cancer or chemotherapy)
- **Unvaccinated pregnant women** (chickenpox, rubella, flu can harm the baby)
- **Seniors** (flu and pneumonia can be deadly)
- **Anyone allergic to a vaccine**



Collin's mom was exposed to her older son's unvaccinated playmate while pregnant. She caught whooping cough and passed it on to her newborn. *"He coughed until he threw up and turned blue...He literally could have died."*

Full story at ShotbyShot.org



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The [World Health Organization \(WHO\)](#) calls vaccines the most important life-saving science next to clean water. Even so, no medicine is 100% effective. During a disease outbreak it's still possible for some vaccinated people to get sick.

If we keep our vaccination rates high, outbreaks are less likely to happen and spread disease. That's why we all share responsibility to [protect each other](#) with *community immunity*.

What can I do?

- **Get your family vaccinated** and insist that anyone who cares for your children be vaccinated too!
- **Seek reliable information.** Bring questions and sources to your family doctor.
- **Practice healthy habits.** Cough/sneeze into your sleeve, wash hands often, and stay home when sick.

Visit these trusted sites

Community Immunity

www.vaccines.gov/basics/protection

Immunity Types (Centers for Disease Control)

www.cdc.gov/vaccines/vac-gen/immunity-types.htm

Shot by Shot: Stories of Vaccine Preventable Diseases

www.shotbyshot.org

Herd Immunity (College of Physicians of Philadelphia)

www.historyofvaccines.org/content/herd-immunity-0



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