

Five

places to get
reliable answers
about **vaccines**

Finding **trustworthy vaccine info** online can feel like scrolling through a maze, and some sources that used to be rock-solid aren't as reliable as they should be right now.

If you want facts that come **straight from medical experts** (without all the noise), these sources are accurate, easy to understand, and timely.

And the best part: **You don't have to go hunting for updates.** We pulled the exact places to follow them—social media, newsletters, apps, podcasts—so you can get solid vaccine info without doing any extra work.

3 Vaccinate Your Family

What it is: A national nonprofit dedicated to giving families science-based vaccine information in English and Spanish. Explainers are short, readable, and built for busy families.

Best for: Parents who want quick, trustworthy answers.

Where to follow:
@VaccinateYourFamily on IG and FB
@VaxYourFam on X

1 The Vaccine Education Center

What it is: Trusted vaccine guidance from the Children's Hospital of Philadelphia (CHOP). Covers every major vaccine topic—kids, teens, adults, pregnancy, and older adults—in clear, calm language.

Best for: Parents, caregivers, and anyone who wants solid answers without digging through scientific papers.

Where to follow:
The monthly Parents PACK newsletter breaks down vaccine news for families. The free "Vaccines on the Go" app puts quick facts and FAQs on your phone.

4 The Cleveland Clinic

What it is: A nationally recognized nonprofit hospital and research center known for evidence-based care and easy-to-read health explainers. Perfect for when you want to send a friend "the real info."

Best for: Quick, practical answers to common vaccine questions.

Where to follow:
@ClevelandClinic on IG, FB, and X

Bonus: Sign up for their Health Essentials newsletters

2 The American College of Obstetricians and Gynecologists (ACOG)

What it is: The professional organization behind OB-GYNs nationwide. Breaks down what vaccines pregnant people need in simple, practical language—no medical jargon or scare tactics.

Best for: People who are pregnant, postpartum, or trying to conceive.

Where to follow:
@ACOG_org on IG
@ACOGNational on FB



5 Healthy Children.org

What it is: A go-to parenting resource from the American Academy of Pediatrics. Offers podcasts, a monthly newsletter, and a "pediatrician in your pocket" texting service for quick updates on kids' health.

Best for: Parents who want pediatrician-approved vaccine answers they can trust.

Where to follow:
@HealthyChildrenAAP on IG
@HealthyChildren on FB