



Making an **informed choice** decision involves assessing three types of evidence.

Research

It is valid to ask:

- How are the studies paid for?
- Did they study people like me?
- Can I make sense of the numbers?
- Can my midwife help me understand?



The Science

Information on the internet

Verify:

- Who runs the website?
- Is it up to date and what does it reference?
- What are some signs a website has a balanced point of view?

Life Circumstances

Thinking about your life circumstances usually helps make a better decision. These kinds of questions might be:

- Am I, or are people in my community, more likely to get sick?
- Is it easy for me to get information?
- Has anyone in my family had a bad reaction to a vaccine?



My Context

Public Health

Public Health is the health of the whole population.

Public health measures include clean water and vaccines. The government has public health agencies across Canada.

You are an expert on you & your family

Your lived experience is important when making decisions.

- What are your needs?
- What is important to you?
- What are your feelings about vaccination?
- Who in your life can you talk to about vaccines?



Me & My Family

Benefits vs. Risks

Benefits are how something is meant to help you. Risks are how something might negatively affect you.

Comparing the benefits & risks of a disease and a vaccine can give you a good picture of what you feel comfortable with.

Indigenous Peoples, Knowledge & Trust



Indigenous peoples have had negative experiences with infectious diseases and vaccination, including mass deaths, vaccine experimentation and lack of access to public health measures. These experiences can result in a lack of trust in health care providers.

Building trust is part of midwifery care. Midwives offer information and support you to make the best decisions for you and your family.

Your Notes

We vaccinate ourselves & our kids.



I have questions.



We do not vaccinate ourselves, nor our kids



The Science

My Context

Me & My Family