

Truth:

Receiving “natural” immunity by contracting a disease is much more dangerous than getting vaccinated.



Myth: “Natural” immunity is better than immunity from vaccines.

Explanation

Vaccines train our immune systems to fight disease without the potential harmful effects of the diseases themselves, including serious illness, hospitalization, long-term effects and death. Our immune systems produce antibodies against viruses or bacteria when they come into contact with these pathogens, whether this is “naturally” or after receiving a vaccine.

Vaccination carries a very minor risk, but contracting a vaccine-preventable disease is much riskier and can cause serious illness and death.

Additionally, allowing diseases to spread could cause millions of deaths and cause even more people to live with the long-lasting effects of these diseases.

Remember: Vaccines teach your body to fight disease without the serious risks that come with contracting a vaccine-preventable disease.

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