

Natural Immunity

“I’ve had COVID a couple times already. Doesn’t that mean I can’t get it anymore because my body knows how to fight it off now? I don’t think I need the vaccine at all.”

“COVID is like the flu in that it mutates into new variants over time. So far, we’ve had the Delta variant, Omicron variant, and several others. While there is a certain amount of immunity your body has built up from being vaccinated or getting COVID previously, we don’t know how much this protects you against the latest COVID variant.

Each season, the vaccine attempts to target the most current variant. That is why it is important to get the vaccine each season, so that you are less likely to get sick or experience major symptoms from the latest COVID variant. Getting the vaccine is the best way of protecting yourself and others from COVID.”