

Young and healthy – vaccine not needed.

“I’m young and in perfect health. I got COVID before and it wasn’t that bad. Why get vaccinated against something that’s mild and my body is able to fight off naturally?”

“I’m glad to hear you’re feeling healthy! A lot of people your age gets vaccinated to protect other less healthy people in the community, like grandparents or people who have autoimmune diseases or cancer. COVID carries a much greater risk for these folks. While COVID symptoms may be mild for you, you could spread COVID to others who are high-risk. Also, perfectly healthy people like you have gotten seriously sick with COVID and have found it difficult to recover. If you don’t get vaccinated for you, I’d encourage you to do so to protect others who aren’t so healthy.”