

Academy Health and Wellness

Benefits of Getting a COVID-19 Vaccine | CDC /Jan15,2021

As we progress into the next Phase of the COVID 19 vaccination schedule, I am sure many of us have questions. Is it safe? Should I take the vaccine? All valid questions.

It's important to know the facts.

None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19.

Here are some answers to common questions:

- **After getting the vaccine will I test positive for the viral infection?**

Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests which are used to see if you have a current infection.

If your body develops an immune response (the goal of being vaccinated) there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how the COVID-19 vaccination may affect antibody testing results.

- **If I already had COVID 19 should I be vaccinated? Yes**

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, the vaccine should be offered to you regardless of whether you already had the COVID-19 infection.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work. Therefore, we may need a booster at a later date.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

- **Will the vaccine protect me from getting COVID 19? Yes**

The COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness and have long term effects or even die.

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Unfortunately, there is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

The Vaccine:

- All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, especially people at increased risk for severe illness from COVID 19.
- Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed. The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

Please, as you are eligible to be vaccinated get the vaccine to protect yourself and others!

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