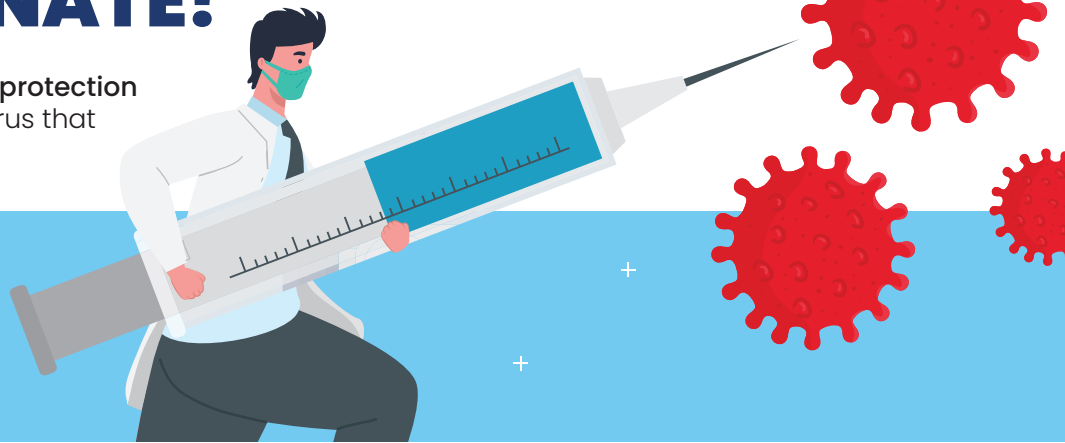# WHY VACCINATE?

Getting **fully vaccinated** is the **best protection** you can give yourself against the virus that causes COVID-19.

THE VACCINE IS LIKE A TRAINING EXERCISE FOR YOUR IMMUNE SYSTEM.

It helps your body learn to **recognize and fight the virus** so that it can be better equipped to deal with it if you get exposed later on.

BUT WAIT! Doesn't your immune system do that, anyway? Isn't fighting viruses and other stuff its main job?

Well, yes. But there's a catch.

EVEN A HEALTHY IMMUNE RESPONSE DOESN'T HAPPEN INSTANTLY.

If you get sick, it takes your immune system time to figure out what's going on and what to fight.

In that case, the virus has the advantage because it catches your body by surprise.

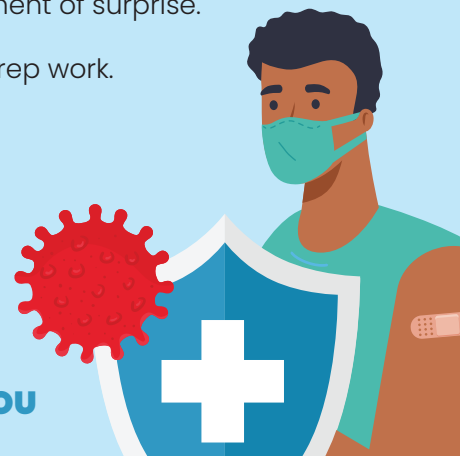And in the time it takes your immune system to rev up, the infection can become severe.

ADVANTAGE: VIRUS

THE VACCINE GIVES YOUR BODY THE ADVANTAGE OVER THE VIRUS.

The vaccine prompts your immune system to develop protection in advance, so the virus loses that element of surprise.

It's the ultimate in prep work.

ADVANTAGE: YOU

And that prep work really pays off!

Studies consistently show that **vaccination drastically reduces a person's risk of contracting COVID-19.**

If they do get sick, studies also show that **vaccinated people are far less likely to have severe illness, require hospitalization, or die from the disease**.

Learn more at cihr-irsc.gc.ca/e/52600.html

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