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Getting the immune system in shape: A vaccine is basically a training session for the immune system. Vaccines teach the immune system to look for the key features of a virus, so when a virus does show up, it’s ready to fight it off.

Plan to recognize the virus: The vaccine gives your body a plan to recognize the virus. Then, your immune system starts preparing by making antibodies, or fighter cells, that stay in your blood as protection in case the virus tries to invade. This means you get immunity against the disease without having to get sick first.

Community immunity: When enough people’s bodies know how to fight off a virus, it has nowhere to go. That slows the spread. When people get a vaccine, we’re able to stop the spread quicker and get a little closer to ending this pandemic.

This information has been transcribed from a video produced by the Washington state Department of Health. Video: youtu.be/k7E88xEg0aE. For more information, visit CovidVaccine.WA.org