Benefits of Getting a COVID-19 Vaccine

What You Need to Know

There are many benefits of getting vaccinated against COVID-19.

- Prevents serious illness: [COVID-19 vaccines](#) available in the United States are safe and effective at **protecting people from getting seriously ill,** being hospitalized, and dying.
- A safer way to build protection: Getting a COVID-19 vaccine is a **safer, more reliable way to build protection** than getting sick with COVID-19.
- Offers added protection: COVID-19 vaccines can **offer added protection** to people who had COVID-19, including protection against being hospitalized from a new infection.

How to be best protected: As with vaccines for other diseases, people are **best protected when they [stay up to date](#)**.

COVID-19 Vaccines Protect Your Health

[COVID 19-vaccines are effective](#) at protecting people from getting seriously ill, being hospitalized, and dying. Vaccination remains the safest strategy for avoiding hospitalizations, long-term health outcomes, and death.

What You Can Do Now to Prevent Severe Illness, Hospitalization, and Death

Use [Vaccines.gov](#) – to find a COVID-19 vaccine near you.

CDC recommends everyone stay up to date with COVID-19 vaccines for their age group:

- [Everyone 6 years and older](#)

- [Children aged 6 months – 5 years](#)

Severe Illness

mRNA COVID-19 vaccines are highly effective in preventing the most severe outcomes from a COVID-19 infection.

[Myocarditis](#) is a condition where the heart becomes inflamed in response to an infection or some other trigger. Myocarditis after COVID-19 vaccination is rare. This study shows that [patients with COVID-19 had nearly 16 times the risk for myocarditis compared with patients who did not have COVID-19](#).

Hospitalization

COVID-19 vaccines can help prevent you from becoming hospitalized if you do get infected with COVID-19.

Death

COVID-19 vaccines can help prevent you from dying if you do get infected with COVID-19.

COVID-19 Vaccination is a Safer, More Reliable Way to Build Protection

Getting a COVID-19 vaccine is a safer, more reliable way to build protection than getting sick with COVID-19. COVID-19 vaccination helps protect people by creating an immune response without the potentially severe illness or [post-COVID conditions](#) that can be associated with COVID-19 infection.

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