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Benefits of Getting A COVID-19 Vaccine

Updated Sept. 22, 2023

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 aged 5 years and older [get 1 updated COVID-19 vaccine](#). Children aged 6 months – 4 years may need more than 1 dose of updated COVID-19 to [stay up to date](#).

Severe Illness

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.

Getting Sick

- Getting sick with COVID-19 can cause severe illness or death, even in children, but it is not possible to determine who will experience mild or severe illness from COVID-19 infection.
- People may have long-term health issues after having COVID-19. Even people who do not have symptoms when they are first infected with COVID-19 can experience long-term health problems, also known as [long COVID](#) or [post-COVID conditions](#).
- Complications can appear after mild or severe COVID-19, or after [multisystem inflammatory syndrome in children \(MIS-C\)](#).

Protection from COVID-19

While people can get some protection from having COVID-19, the level and length of that protection varies, especially as [COVID-19 variants continue to emerge](#).

- Immunity (protection) from infection can vary depending on how mild or severe someone's illness was and their age.
Immunity from infection decreases over time.

Importantly, there is **no antibody test** available that can reliably determine if a person is protected from further infection.

After vaccination, continue to follow all current [prevention measures](#) recommended by CDC based on latest [COVID-19 hospital admission levels](#). Learn more about protecting your family from COVID-19.

Related Pages

- › [Facts about COVID-19 Vaccines](#)
- › [Frequently Asked Questions about COVID-19 Vaccination](#)
- › [COVID-19 Vaccines for People Who Would Like to Have a Baby](#)

Last Updated Sept. 22, 2023

Source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases