



IMMUNITY

Like diseases, there are different types of immunity. Existing types of immunity include active and passive immunity. Your immune system defends your body against infections and illnesses by making proteins called antibodies that kill viruses and bacteria.

Active immunity occurs when exposure to a disease triggers the immune system causing the body to produce antibodies to protect the body from the disease triggered.

Passive immunity is provided when a person is given antibodies to fight off diseases rather than producing them through their own immune system.

Active Immunity

Active immunity can be acquired through natural immunity or vaccine-induced immunity

Natural Immunity

Natural immunity can weaken over time, how quickly or slowly this happens depends on the disease itself. Natural immunity is acquired from exposure to the disease organism through infection.

Vaccine-Induced Immunity

Vaccine-Induced immunity is acquired through the introduction of a killed or weakened form of the disease organism through vaccination. Vaccines can protect your immune system against diseases without making you sick. Vaccines safely boost your immunity by using killed or weakened version of a germ to teach your body's defenses to fight back against the disease.

Is Natural Immunity Better Than a Vaccine?

While it is true that natural active immunity can make you immune to a disease after infection, the downside is getting sick. Many illnesses can cause serious health issues that can affect you, sometimes even lead to long term health conditions. Avoid the risks of illness by getting all vaccines recommended by your primary care facility.

Passive Immunity

The major advantage to passive immunity is that **protection is immediate**, whereas active immunity takes time to develop. However, passive immunity only lasts for a few weeks or months. For instance, a newborn baby acquires passive immunity from his/her mother through the placenta, a structure in the womb that gives the baby oxygen and nutrients.

People can also acquire passive immunity through **antibodies** - containing blood products such as immune globulin, which may be given when immediate protection from a specific disease is needed.

Your health is a journey, and small, consistent efforts can make a difference. Prioritize your well-being!



Schedule an *in-office* OR *virtual* visit with your local clinic!

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