Vaccines and Immunity

My cousin Iwa got her vaccine today! She says it might be my turn soon.

It’s supposed to keep us safe from getting sick with the virus. Can our auntie, Dr. Malie, explain how?
Your body has special defenders—white blood cells—\(\text{Phagocyte} \quad \text{Lymphocyte}\) that work together with your organs to keep invading germs from getting you sick.

They fight against invading bacteria and viruses!

Vaccines are like guest coaches you invite in, to give your defenders special training. And you might feel them while they practice.
The vaccine medicine will pass through your body, and the side effects will go away quickly.

But your cells are now ready to fight if the virus shows up.
With training they learned from the vaccine, your defender cells will keep you from getting sick with COVID-19.