

How vaccines strengthen natural immunity (Broadcast)

INTRO:

FOR MANY ADULTS – ESPECIALLY THOSE WHO GREW UP IN AN ERA WHEN MEASLES... CHICKENPOX OR THE FLU WERE SIMPLY “CHILDHOOD ILLNESSES...” IT CAN FEEL NATURAL TO BELIEVE THAT GETTING SICK IS HOW THE BODY BUILDS STRONG IMMUNITY.

TAKE VO

WHILE INFECTION DOES CONTRIBUTE TO THE IMMUNE “LIBRARY” – MODERN VACCINES OFFER A SAFER... MORE RELIABLE WAY TO ADD TO THAT PROTECTION WITHOUT THE RISKS OF SERIOUS ILLNESS... HOSPITALIZATION OR LONG-TERM COMPLICATIONS.

AS FLU ACTIVITY INCREASES ACROSS THE U.S. THIS WINTER... EXPERTS EMPHASIZE THAT VACCINES REMAIN ONE OF THE STRONGEST TOOLS FOR MAINTAINING HEALTH AND PRESERVING NATURAL IMMUNITY OVER A LIFETIME.

DR. DOUG KASPER... AN INFECTIOUS DISEASE SPECIALIST WITH OSF HEALTHCARE... SAYS VACCINES SUPPORT AND EXPAND YOUR NATURAL IMMUNE MEMORY.

TAKE SOT | DR. DOUG KASPER | INFECTIOUS DISEASE SPECIALIST | OSF HEALTHCARE

“Vaccination is an individual decision, but the impact of the [vaccine protects](#) both the individual and their family cohort, work cohort. If they're in school, it can protect that community,” says **Doug Kasper, MD, infectious disease specialist with OSF HealthCare**. “We want people to be as educated as possible and make the best decision for themselves. That's really going to come down to a discussion with them and their medical provider.”

VO TAG

WHILE VACCINES DON'T REPLACE NATURAL IMMUNITY... THEY CONTRIBUTE TO IT... ADDING LAYERS OF DEFENSE THAT REDUCE THE SEVERITY OF ILLNESS AND STRENGTHEN LONG-TERM PROTECTION.