

## Video summary

**Understanding how vaccines work (Christopher Labos):** When a virus enters your body, it is recognised by the immune system and antibodies are produced – these stick to the surface of the virus so white blood cells can find it easily and destroy it. Once antibodies have been produced, you have immunity to the virus. Vaccines use this same mechanism. Vaccines contain killed (inactivated) or weakened (attenuated) versions of the virus – giving your immune system a chance to recognise it and create antibodies, but you do not experience the full impact of the virus. You can gain immunity from getting sick or getting a vaccine, but the risks are much lower with a vaccine.

