

The Power of Natural Immunity

Studies show it's durable and widespread. If you've had Covid, you can get by with one shot of vaccine.

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Journal Editorial Report: What did Dr. Fauci know about the Wuhan Virology Lab? Image: Brendan Smialowski/AFP via Getty Images

The news about the U.S. Covid pandemic is even better than you've heard. Some 80% to 85% of American adults are immune to the virus: More than 64% have received at least one vaccine dose and, of those who haven't,

roughly half have natural immunity from prior infection. There's ample scientific evidence that natural immunity is effective and durable, and public-health leaders should pay it heed.

Only around 10% of Americans have had confirmed positive Covid tests, but four to six times as many have likely had the infection. A February [study](#) in Nature used antibody screenings in late summer 2020 to estimate there had been seven times as many actual cases as confirmed cases. A similar [study](#), by the University of Albany and New York State Department of Health, revealed that by the end of March 2020—the first month of New York's pandemic—23% of the city's population had antibodies. That share necessarily increased as the pandemic spread.