

Vaccination Schedule for Pakistani Infants

Vaccinations protect Pakistani infants from serious diseases. Knowing the schedule ensures your baby stays healthy.

Why It Matters

Vaccines prevent diseases like polio, common in Pakistan. Following the schedule builds immunity early.

Pakistan's EPI Schedule (0–12 Months)

Based on the Expanded Programme on Immunization (EPI):

- **At Birth:**
 - BCG (tuberculosis)
 - Oral Polio Vaccine (OPV 0)
 - Hepatitis B
- **6 Weeks:**
 - Pentavalent (DPT, Hep B, Hib) 1
 - OPV 1
 - Pneumococcal (PCV) 1
 - Rotavirus 1
- **10 Weeks:**
 - Pentavalent 2
 - OPV 2
 - PCV 2
 - Rotavirus 2
- **14 Weeks:**
 - Pentavalent 3
 - OPV 3
 - PCV 3
 - Inactivated Polio Vaccine (IPV)
- **9 Months:**
 - Measles 1
- **12 Months:**
 - Measles 2 (often at 15 months, but check with doctor)

Where to Get Vaccinated

- **Free:** EPI centers, government hospitals (e.g., Jinnah Hospital).
- **Private:** Clinics like Aga Khan offer additional vaccines (e.g., chickenpox).

Tips for Parents

- **Track doses:** Use the EPI card or a notebook.
- **Prepare baby:** Feed and comfort before shots.
- **Side effects:** Mild fever or fussiness is normal; use paracetamol if advised.

Pakistani Tips

- **Community campaigns:** Participate in polio drives.
- **Family concerns:** Address myths (e.g., vaccines cause infertility) with facts.
- **Accessibility:** Rural parents can visit local Basic Health Units.

Challenges

- **Missed doses:** Catch up with your pediatrician's guidance.
- **Fear of pain:** Distract baby with toys or singing.
- **Misinformation:** Trust WHO or EPI sources.

When to Seek Help

Contact a doctor for severe reactions like high fever or swelling.

Final Thoughts

Vaccinations are a gift of health. Stay on schedule for a strong start.

Disclaimer: Follow your pediatrician's advice for vaccinations.