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## Epidemiology assignment

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### **WHAT IS IMMUNIZATION**

Immunization is the process by which a person becomes protected against a diseases, typically through the administration of vaccine

Types of Immunization

- 1 Live attenuated
- 2 Inactivated
- 3 Subunit
- 4 Toxoid
- 5 mRNA
- 6 Viral vector vaccine

Live attenuated is use to weakend germ while

In-activated is use to killed version

Importance of Immunization

- 1 Immunization help the body fight off diseases such as Tetanus, Hepatitis B, Polio etc
- 2 Immunization protect and prevent infections and diseases
- 3 Immunization also helps in laying a healthy future foundation
- 4 It prevent diseases
- 5 It helps keep body healthy

Advantages of Immunization

- 1 Immunization protects individuals and communities from dangerous diseases by building immunity
- 2 It saves lives

- 3 It prevents disabilities
- 4 It reduces health care costs

## PREVENTION

In its simplest sense, is the quiet work that stops problems before they ever have the chance to arise. It is the planning, the foresight, and the steady discipline that protect individuals, families, and entire communities from harm. When examined closely, prevention operates at several layers, each one serving a unique purpose but collectively building a stronger shield against illness, accidents, and avoidable crises.

At the most basic layer lies primary prevention, which focuses on keeping a problem from developing in the first place. This is where healthy habits, environmental safety, and public-health measures come together. Clean water, good nutrition, safe housing, routine exercise, personal hygiene, immunization, and responsible sexual practices all fall under this category. These measures quietly reduce risks long before a threat becomes visible. A community that invests in primary prevention is one that lowers future sickness, reduces the cost of treatment, and preserves quality of life.

A second layer, secondary prevention, steps in when a problem has begun to develop but is still in its early stages. Here, the goal is early detection and timely intervention. Screening tests, regular health check-ups, blood pressure monitoring, breast and cervical cancer screening, blood sugar testing, and early treatment of infections all help identify a condition before it grows into something more dangerous. This stage of prevention is often the difference between simple management and long-term complications.

Then comes tertiary prevention, which focuses on minimizing the impact of an illness that has already taken hold. At this point, prevention becomes a matter of rehabilitation, management, and improving day-to-day functioning. Physical therapy after a stroke, counseling for chronic conditions, long-term medication to control hypertension, and lifestyle adjustments after a major medical event all fall under this level. Tertiary prevention recognizes that while a condition may not be fully reversible, its consequences can be kept from worsening.

Beyond these layers, prevention stretches into broader social and environmental fields. Safe roads, clean communities, good sanitation, strong public policies, emergency preparedness, workplace safety regulations, and stable social systems all protect people from hazards they may not visibly notice. In many cases, these behind-the-scenes structures do more to protect health than any single medical intervention.

At its heart, prevention is about reducing vulnerability, physically, emotionally, socially, and environmentally. It places long-term well-being above short-lived fixes. It reduces suffering, cuts costs, and str

engthens communities. And it creates a world where fewer people fall ill, where more lives are stable, and where health is shaped by thoughtful choices rather than avoidable crises.