

UNIVERSITY COLLEGE HOSPITAL  
IBADAN

ALAKE FUNMILAYO GRACE

EPIDEMIOLOGY AND COMMUNICABLE  
DISEASE

300L

Immunization and prevention are crucial for protecting children from serious diseases. Vaccines help build their immune system, so they can fight off infections and stay healthy.

benefits of immunization include:

Protection against serious diseases like measles, polio, and meningitis

Prevention of outbreaks and epidemics

Reduced risk of complications and hospitalizations

Herd immunity, which helps protect vulnerable individuals, like newborns and those with weakened immune systems

In Nigeria, the National Programme on Immunization (NPI) provides vaccines against many diseases, including:

Tuberculosis (BCG vaccine)

Polio (OPV and IPV vaccines)

Diphtheria, Pertussis, Tetanus, Hepatitis B, and Haemophilus influenzae type b (Pentavalent vaccine)

Measles (Measles vaccine)

Yellow fever (Yellow fever vaccine)

Pneumococcal diseases (PCV vaccine)

Rotavirus diarrhea (Rotavirus vaccine)

Prevention is key! Make sure your child is up-to-date on all recommended vaccinations, and practice good hygiene habits, like:

Washing hands regularly

Using clean water and sanitation

Avoiding close contact with sick individuals

Immunization is like a shield for your child's health.

Vaccines introduce a small, harmless piece of a pathogen (like a virus or bacteria) to the body.

The body recognizes it as foreign and creates

antibodies to fight it.

These antibodies stay in the body, ready to defend against future infections.

## Key Benefits

1. Protects against serious diseases: Vaccines prevent illnesses like measles, polio, and meningitis, which can be life-threatening.
2. Prevents outbreaks: When enough people are vaccinated, it stops diseases from spreading.
3. Safeguards vulnerable groups: Like newborns, elderly, or people with weakened immune systems.
4. Reduces complications: Prevents hospitalizations and long-term health issues.

## Common Vaccines in Nigeria

- BCG (Tuberculosis)
- Polio (OPV/IPV)

- Pentavalent (Diphtheria, Pertussis, Tetanus, Hepatitis B, Hib)
- Measles
- Yellow Fever
- PCV (Pneumococcal diseases)
- Rotavirus (Diarrhea prevention)

## Prevention Tips

- Keep vaccines up-to-date: Follow the NPI schedule.
- Practice hygiene: Wash hands, use clean water, avoid sick contacts.
- Breastfeed: Boosts baby's immunity.
- Healthy lifestyle: Balanced diet, sleep, exercise.