

Uzamot zakiyyah olamide

Discuss immunization and prevention

CHO 300 level

Immunization is the process of becoming immune or protected against certain diseases through vaccines.

Immunization is a like superhero for shield for your body.it's helps to prevent infectious diseases and keeps you healthy.

TYPES OF IMMUNIZATION

- Active immunization (vaccines)
- Passive immunization (antibodies from external sources)

BENEFITS

- Prevents infectious diseases
- Protects vulnerable populations (e.g.elderly, young children)
- Herd immunity helps prevent outbreaks
- save lives!
- prevent outbreak and epidemics
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COMMON VACCINES

- Childhood vaccines (e.g., MMR, polio, DTP)
- Adult vaccines (e.g., flu, pneumococcal, HPV)
- Travel vaccines (e.g., yellow fever, typhoid)

ADMINISTRATION ROUTES

- Intramuscular (IM)
- Subcutaneous (SC)
- Oral
- Intradermal (ID)

VACCINE TYPES

- Live attenuated vaccines (e.g., MMR, yellow fever)
- Inactivated vaccines (e.g., flu, polio)
- Subunit vaccines (e.g., HPV, hepatitis B)
- mRNA vaccines (e.g., COVID-19)

SCHEDULE

- Childhood immunization schedule
- Adult booster shots
- Travel-specific vaccines

SAFETY

- Common side effects (e.g., soreness, fever)

- Rare serious reactions (e.g., anaphylaxis)
- Contraindications (e.g., allergies, immunocompromised)

EFFICACY

- Vaccine effectiveness varies (e.g., flu: 40-60%)
- Herd immunity importance
- Waning immunity (e.g., pertussis)

(2)

Prevention is taking steps to avoid or reduce the risk of something bad happening, like getting sick or injured. It's like taking action to stay healthy and safe.

In health, prevention includes things like:

- Vaccines to stop diseases
- Washing hands to avoid germs
- Eating well and exercising to stay fit
- Using protection to prevent infections

Prevention is all about taking proactive steps to avoid or minimize risks, injuries, or diseases. Here are some key aspects:

* Primary Prevention

- Vaccination
- Healthy lifestyle (diet, exercise, sleep)
- Safety measures (helmets, seatbelts)

* Secondary Prevention

- Screening tests (cancer, diabetes, hypertension)
- Early detection and treatment

* Tertiary Prevention

- Managing chronic diseases (e.g., diabetes, hypertension)
- Rehabilitation (e.g., physical therapy)

Some prevention strategies include:

* Infection control

- Hand hygiene
- Vaccination
- Proper use of PPE

* Lifestyle changes

- Quit smoking
- Limit alcohol
- Regular exercise

* Environmental prevention

- Clean water and sanitation
- Air pollution reduction
- Vector control (e.g., mosquitoes)