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[
  {
    "question": "Why is polio vaccination required for international travelers of all ages?",
    "answer": "Polio vaccination is required for all international travelers from Pakistan, regardless of age, to prevent the spread of poliovirus to other countries. Pakistan remains among the only two countries in the world where wild poliovirus remains in circulation, so it is crucial to make sure everyone crossing borders or traveling from infected countries gets vaccinated. Unvaccinated people can get infected with poliovirus and spread it to others too. Polio vaccination prior to travel helps protect travelers and stops the virus from spreading globally. International recommendations on polio vaccination for travelers, which are based on WHO's International Health Regulations, can be found here: https://www.who.int/news/item/12-05-2023-statement-of-the-thirty-fifth-polio-ihr-emergency-committee"
  },
  {
    "question": "When should I get polio vaccination for international travel?",
    "answer": "All travelers, including country nationals and long-term visitors – those staying for four weeks or longer – of all ages should receive a dose of the oral polio vaccine (bOPV) or injectable vaccine (IPV) between four weeks and 12 months before international travel."
  },
  {
    "question": "How do I get polio vaccination digital certificate for international travel?",
    "answer": "If you are intending to travel abroad in the coming weeks, you would need to present proof of polio vaccination at the time of departure. Visit your nearest District Health Office, take the polio drops and ensure your details are recorded. Following this, you can visit NADRA's portal https://nims.nadra.gov.pk/nims/ or the Pak Vaccination Pass app, available for Android and iOS users, enter your details and download the digital vaccination certificate for a fee of Rs100."
  },
  {
    "question": "How long is this certificate valid for?",
    "answer": "The polio vaccination certificate is valid for one year."
  },
  {
    "question": "What if the travel is urgent?",
    "answer": "Those who are traveling urgently and have not received a dose of the oral or injectable polio vaccine in the past four weeks to 12 months must get vaccinated at least by the time of departure at the international airport's polio vaccination designated counters as this will still provide some benefit, particularly for frequent travelers."
  },
  {
    "question": "My child is up to date on all routine vaccines, do they still need a polio vaccination certificate for international travel?",
    "answer": "Yes, a polio vaccination certificate is needed for all travelers to show proof of vaccination."
  },
  {
    "question": "If I get vaccinated at the airport, how will I be issued the polio vaccination certificate?",
    "answer": "Emergency counters have been set up at international airports for polio vaccination, catering to individuals who may have missed the opportunity to receive the vaccine and certificate earlier. Travelers will also be provided
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with a polio vaccination certificate upon arrival at the airport, after vaccination."

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    },
    {
        "question": "Do I need to get polio vaccination certificate when entering Pakistan?",
        "answer": "No, you do not need to provide a polio vaccination certificate when entering Pakistan. Only outbound international travelers need to provide proof of polio vaccination at the time of departure."
    },
    {
        "question": "Why is the polio vaccine needed for traveling adults?",
        "answer": "The polio vaccine is required for adults travelling from Pakistan due to the country being one of only two countries left that have wild poliovirus circulation. Polio is highly contagious and can affect not only children but also unvaccinated adults, therefore, travelers from polio-endemic regions pose a risk of carrying the virus to other countries where polio has been eradicated. To prevent this spread, many countries have implemented regulations mandating proof of polio vaccination for incoming travelers. Therefore, travelers from Pakistan are required to present a polio vaccination certificate, ensuring both their safety and that of the communities they visit. These measures form part of the global efforts to control and ultimately eradicate polio worldwide."
    },
    {
        "question": "Do I need to get polio vaccination certificate issued even though I am visiting Pakistan on a foreign passport?",
        "answer": "If you are staying in Pakistan for more than four weeks, you would need to present polio vaccination certificate when embarking on return travel."
    },
    {
        "question": "Do I still need a vaccination certificate if I am visiting Pakistan for less than four weeks?",
        "answer": "Based on International Health Regulations, any visitor who stays in Pakistan for less than four weeks is not required to provide proof of polio vaccination. However, long-term visitors are encouraged to get the polio vaccine and certificate for their own protection and to prevent the spread of polio."
    },
    {
        "question": "How can I get a vaccination certificate if my travel is urgent?",
        "answer": "Both polio vaccine and vaccination certificate can be readily obtained from District Health Offices, even in emergency situations. Additionally, designated polio vaccination counters at international airports are offering these services to travelers in need of polio vaccination and certification."
    },
    {
        "question": "Can sick children receive oral polio vaccine?",
        "answer": "The oral polio vaccine is safe and should be administered to all children, including sick children, to protect them from polio. In fact, it is particularly critical that sick children are immunized because their immunity levels are lower than other children."
    },
    {
        "question": "Are the vaccine ingredients halal?",
        "answer": "The oral polio vaccine is one of the safest vaccines ever developed and it is halal. All Muslim countries have used the same vaccine to eradicate polio and it is endorsed by the Imam-E-Kaaba."
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}
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