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[
  {
    "question": "How does the Poliovirus spread?",
    "answer": "Polio is caused by a human enterovirus called the poliovirus. The virus is most often spread by the fecal-oral route. Poliovirus enters through the mouth and multiplies in the intestine. Infected individuals shed poliovirus into the environment for several weeks, where it can spread rapidly through a community, especially in areas of poor sanitation. Poliomyelitis can affect any age, but primarily involves children ages less than 5 years and can cause paralysis or even death."
  },
  {
    "question": "Why do some children get infected by polio even after having received multiple doses?",
    "answer": "Building immunity against virus is a very complex biological process. We are all different; as are organisms' reactions to medications and vaccines. Few children may acquire strong immunity after just five or six doses of the polio vaccine, while the most vulnerable children need more than ten. The immune system of underweight, malnourished and children suffering from diarrhoea responds to the polio vaccine in a different way than of healthy children. Therefore, to remain protected, all children under five years of age should receive polio vaccine during every immunization round."
  },
  {
    "question": "Why are there so many polio vaccination campaigns?",
    "answer": "To stop polio transmission, no less than 95% of all children under 5 years of age across Pakistan should be immunized during each campaign. To achieve this high coverage is very challenging logistically. In other words, the remaining 5% that make almost 2 million unimmunized children should be reached during consecutive campaigns in a short interval to ensure all children are covered. Furthermore, once the polio virus is detected in a certain area, an additional campaign will be carried out for that district to prevent potential outbreak of polio amongst children in the community. That is why multiple polio campaigns are done every year. No child should miss a single dose of polio vaccine! Each additional dose is an additional protection against polio."
  },
  {
    "question": "What types of polio vaccines are there? What is the difference between OPV and IPV?",
    "answer": "Oral polio vaccine (OPV) is safe and effective and given multiple times, it offers long-lasting protection against the poliovirus. OPV is administered orally and does not require health professionals or sterile needle syringes. As such, OPV is easy to administer in mass vaccination campaigns that take place in Pakistan. Moreover, for several weeks after vaccination the vaccine virus replicates in the intestine, is excreted and can be spread to others in close contact. This means that in areas with poor hygiene and sanitation, immunization with OPV can result in 'passive' immunization of people who have not been vaccinated. IPV, or inactivated polio vaccine, is an extremely safe vaccine and highly effective in protecting children from polio. It produces antibodies in the blood against poliovirus and, unlike OPV, it has limited ability to stop the spread of virus in a community. This is why in the polio-endemic countries such as Pakistan, OPV is the predominant vaccine used in the fight to eradicate the virus. Administering IPV requires trained health workers, as well as sterile injection equipment and procedures. Combining OPV and IPV provides stronger protection against polio. IPV strengthens immunity in the blood while OPV strengthens immunity in the gut. IPV has been introduced into the routine schedule across Pakistan to give children the best protection against polio. The current routine immunization schedule recommends one dose of IPV and multiple doses of OPV for full protection against polio. Once polio is eradicated, IPV will be the only vaccine available for
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routine use."

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"question": "Does the oral polio vaccine have any side effects?",

"answer": "The oral polio vaccine is one of the safest vaccines ever developed. It is so safe it can be given to sick children and newborns. It has been used all over the world to protect children against polio, saving at least 5 million children from permanent paralysis by polio. On extremely rare occasions, when there is insufficient vaccination coverage in a community the vaccine-virus may be able to circulate, mutate and, over the course of 12 to 18 months, reacquire the capacity to cause paralysis. This is known as a circulating vaccine-derived poliovirus."

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"question": "What are the contraindications to vaccination with OPV?",

"answer": "The only contraindication applicable for all vaccines including OPV is a history of a severe reaction after a prior dose of vaccine or to a vaccine constituent."

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"question": "Can sick children receive OPV?",

"answer": "OPV is perfectly 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 during the campaigns, because their immunity levels are lower than other children."

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"question": "Should OPV be given to new-born children?",

"answer": "Yes. Newborn children should be vaccinated, even if they are born a few hours ago. Younger the child, higher is the risk of getting the polio disease. It is therefore particularly critical that newborns are immunized to give them the protection against polio that they desperately need."

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"question": "How do you ensure that the vaccine is of the highest quality and not expired?",

"answer": "All of the oral polio vaccines (OPV) used in Pakistan are prequalified by the World Health Organization, which guarantees they are safe, potent and of high quality standards. OPV is sensitive to high temperatures and loses potency if exposed to heat for prolonged periods of time. A stringent system of refrigeration, cold boxes and vaccine carriers, called the "cold chain system", is put in place to ensure that OPV remains within recommended temperature through its entire journey until it is administered to a person. Vials of OPV are equipped with heat sensitive indicator on labels of each OPV vial, which is called the vaccine vial monitor (VVM). The VVM allows health workers to know if the vaccine has been exposed to heat. Workers administer drops only with vials having valid VVM and expiry date. Pakistan Polio Programme has got Certification from WHO-approved lab in Islamabad which authenticates that all the ingredients and quality of the vaccine are safe for human consumption."

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"question": "Is it safe to administer multiple doses of OPV to children?",

"answer": "Yes, it is safe to administer multiple doses of polio vaccine to children. Moreover, the vaccine is designed to be administered multiple times to ensure full protection. Multiple doses of polio vaccine are required for a child to be fully protected - sometimes more than ten. This vaccine is safe for all children. Each additional dose further strengthens a child's immunity level against polio."

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  "question": "How many doses of OPV does a child need before they are
protected?",
  "answer": "OPV needs to be administered multiple times to be fully
effective. The number of doses it takes to give a child a full protection depends
entirely on the child's health and nutritional status, and how many other viruses
that child has been exposed to.Until a child is fully immunized, they are still at
risk from polio. This emphasizes the need for all children to be immunized during
every round of immunization campaign days. Every missed child is a place for the
polio virus to hide."
},
{
  "question": "Should OPV be given again to children who already received the
vaccine during routine immunization?",
  "answer": "Yes. Oral Polio Vaccine (OPV) is safe and effective and every
extra dose means a child gets extra protection against polio. It takes multiple
doses of OPV to achieve full immunity against polio. If a child has received the
vaccine before, then extra doses given during the National or Sub National
Immunization Days (NIDs/SNIDs) will give valuable additional immunity against
polio."
},
{
  "question": "Does polio vaccine cause cancer?",
  "answer": "No polio vaccine does not cause cancer.The oral polio vaccine
(OPV) administered to children during house-to-house polio campaigns in Pakistan
100% safe, effective and is the essential tool available to protect all children
against polio safest It has no common side effects and has been used all over the
world to protect children against polio virus. Over the last 30 years, this polio
vaccine has saved 17 million people across the world from permanent paralysis by
polio.Moreover, the test conducted in 2015 by the National Control Laboratory for
Biologicals, controlled by the Drug Regulatory Authority of Pakistan (DRAP)
confirmed that the polio vaccine being used in Pakistan is safe, effective and
halal. Any rumors linking OPV, polio vaccine cause cancer, are simply false and
baseless."
},
{
  "question": "Where does the polio vaccine come from?",
  "answer": "The polio vaccine in Pakistan comes from Indonesia."
},
{
  "question": "What is the Islamic guidance on polio vaccine?",
  "answer": "Oral polio vaccine (OPV) is safe and has been declared halal by
Islamic leaders all over the world- the Grand Sheik Tantawi of Al-Azhar University,
the Grand Mufti of Saudi Arabia and the Majelis Council of Ulemmas in Indonesia.
Other prominent international institutions endorsing OPV include Dar al Uloom Deo-
Band, India; the Organization of the Islamic Conference; the International Union
for Muslim Scholars (Mufti Dr. Yousuf al-Qaradawi); Imam of Masjid Al Aqsa (Bait ul
Muqades) and other prominent scholars and muftis from all sects in all provinces of
Pakistan.The Government of Saudi Arabia has made it mandatory for Haj travellers
from polio-endemic countries to take the polio vaccine irrespective of age and
previous vaccination status."
},
{
  "question": "Are the vaccine ingredients halal?",
  "answer": "The oral polio vaccine is one of the safest vaccines ever
developed and it is halal.The test conducted in 2015 by the National Control
Laboratory for Biologicals, controlled by the Drug Regulatory Authority of Pakistan
(DRAP) confirmed that the polio vaccine being used in Pakistan is halal.All Muslim
countries have used the same vaccine to eradicate polio and it is endorsed by the

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Imam-E-Kaaba. In Pakistan, all major Islamic clerics and madrassas have given fatwas in favour of the polio vaccine which include Mufti E Azaam Pakistan, Mufti Rafi Usmani, Mufti Muneeb Ur Rehman, Mufti Naeem, and Maulana Sami Ul Haq, among others. The Government of Saudi Arabia has made it mandatory for Haj travellers from polio-endemic countries to take the polio vaccine irrespective of age and previous vaccination status."

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"question": "I heard that the vaccine is being given to Muslims make them infertile. Does the vaccine cause infertility?",

"answer": "This rumour is baseless and wrong. The polio vaccine does not cause infertility and has no ingredient that may result in anyone becoming infertile. The test conducted in 2015 by the National Control Laboratory for Biologicals, controlled by the Drug Regulatory Authority of Pakistan (DRAP) confirmed that the polio vaccine being used in Pakistan is halal and does not contain any hormones that may cause infertility. Oral polio vaccine (OPV) is safe and has been declared halal by Islamic leaders all over the world."

},
{

"question": "How do religious Islamic leaders support the polio eradication programme in Pakistan?",

"answer": "The Islamic Advisory Group for Polio Eradication (IAG) launched in February 2014 explores ways to muster support from Muslim religious scholars and groups to end. The IAG combines the correct religious and technical information related to polio vaccination and shares that understanding with the concerned communities, e.g. collecting fatwas in support of polio vaccinations, organization of religious conferences on the subject of immunization and establishment of National IAGs. The National Islamic Advisory Group for Polio Eradication (NIAG) Pakistan was inaugurated to ensure that local religious leaders in Pakistan are fully sensitized to the importance of polio eradication and the unique role they can play in protecting Pakistani children from this terrible disease. The Group was constituted under the leadership of International Islamic University, Islamabad (IIUI), in collaboration with key Islamic institutions across the country under the leadership of the Islamic Advisory Group for Polio Eradication (IAG) and other key institutions. There are around 1,000 religious scholars working across Pakistan to support polio vaccination."

},
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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."

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    },
    {
        "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 portalhttps://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 with a polio vaccination certificate upon arrival at the airport, after vaccination."
    },
    {
        "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."
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{
  "question": "Do I need to get polio vaccination certificate issued even though I am visiting Pakistan on a foreign passport?",
  "answer": "Do I need to get polio vaccination certificate issued even though I am visiting Pakistan on a foreign passport?"
},
{
  "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."
},
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  "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."
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  "question": "Are the vaccine ingredients halal?",
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},
{

"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."

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