

POLIO

What is polio?

Polio is a highly infectious disease caused by poliovirus, which mostly affects young children. There is no cure for polio. It can however be prevented by polio vaccination.

How is it transmitted?

Poliovirus enters the body through the mouth, in water or food that has been contaminated with stool ("pek-pek") from an infected person. The virus multiplies in the intestine and is excreted by the infected person in stool, which can pass on the virus to others.

What are the symptoms of polio?

Symptoms include fever, headache, vomiting, stiffness in the neck and pain in the limbs which likely can cause life long paralysis.

Is there a cure for polio?

No! There is no cure for polio. It can only be prevented by vaccination. Safe and effective polio vaccines exist: the Oral Polio Vaccine (OPV) and the Inactivated Polio Vaccine (IPV).

How safe is the Oral Polio Vaccine (OPV)?

OPV is safe, effective and protects children against polio. It has been used all over the world to protect children against polio.

Why are we conducting multiple rounds of vaccinations?

Children need multiple doses of polio vaccine for full protection. They should be vaccinated in every round to further boost their immunity.

Who is at higher risk for exposure to polio?

Anyone who is not fully vaccinated against polio is at risk for polio disease.

VITAMIN A

What is vitamin A?

Vitamin A supplement is part of routine immunization given as drops to children from six months of age.

Why is vitamin A important?

Vitamin A plays a very important role in the immune system and is critical in helping the body resist infection and disease. It also helps to decrease the severity of many childhood infections, like diarrhoea and measles.

What is vitamin A deficiency?

Vitamin A deficiency (VAD) is a major contributor to child mortality. VAD is associated with impaired vision, permanent loss of sight, and an increased risk of infection and death from infectious diseases, including measles that can persist throughout the lifecycle.

Who will receive vitamin A during the campaign?

Vitamin A drops will be given to children between 6 and 59 months of age.

- **Children 6-11 months of age:**
1 blue capsule.
- **Children 12-59 months of age:**
1 red capsule or 2 blue capsules.

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**FAQs for MR,
OPV, and Vitamin A.**

MEASLES

What is measles?

Measles is a highly infectious disease caused by measles virus. Measles mostly affects children, and it is one of the leading causes of death among young children.

How can I tell if my child has measles?

Measles starts with a fever, which can get very high. It is followed by cough, runny nose, sneezing, loss of appetite, red eyes and a breakout of rashes over the face and body within three days, starting from the head and spreading to the rest of the body. The rash can last for a week, and coughing can last for 10 days. Common complications arising from measles include diarrhoea, ear infections, brain infection, pneumonia, blindness and even death.

Why should I worry if my child is not vaccinated against measles?

Measles illness can lead to serious complications such as ear/eye infections (which can lead to blindness); pneumonia and encephalitis (brain infection). Measles is highly contagious and kills more children than any other vaccine preventable disease.

How can I protect my child?

Vaccinate your child! The vaccines are very safe, effective, and free. The Government will be administering the Measles-Rubella vaccine together to ensure your child is protected from these diseases.

If my child is sick, can he/she still be vaccinated?

It is perfectly safe to vaccinate a sick child against measles, even if the child is malnourished or has common illnesses, such as diarrhoea and cold. You don't need to wait until they get well.

Is it safe to vaccinate children below the age of five who have already received a measles vaccination during their routine immunization?

Yes, it is safe. It is a booster dose and offers extra immunity against measles infection.

Why do some children who were immunized against measles still get the disease?

Occasionally, a child who has been immunized may not develop full protection. It is therefore important for children to receive an extra dose.

Does the vaccine have side effects?

The measles vaccine has an excellent safety record. Severe reactions to the measles vaccine are rare. However, the most common side effects or adverse reactions are soreness at injection site, mild fever and a mild skin rash. These are harmless side effects and do not last long.

What do I do if there are serious side effects?

Serious side effects are very rare, but if your child experiences any, please take them immediately to the nearest health facility.

What do I do if my child already has measles?

If you discover that your child already has measles, quickly take them to the nearest health centre for medical treatment and advice. In addition to treatment provided, it is necessary to feed your child with nutritious meals frequently.



RUBELLA

What is rubella?

Rubella is an infection caused by a virus. The infection can result in fever, rash, and sometimes painful, swollen joints.

What causes rubella?

Rubella is an infection caused by a virus. Rubella can be easily spread when an infected person coughs or sneezes. Children can also become infected if they rub their eyes or mouths after touching toys or other items that someone with rubella has touched.

What are the symptoms of rubella?

The first symptoms of rubella include fever, swollen glands and, in some cases, a rash. The rash, which may be itchy, begins on the face and then moves downwards from head to foot and lasts about 3 days.

How can I protect my child against rubella?

The rubella vaccine is given as a combined dose with measles for preventing both measles and rubella. No specific treatment is available for rubella, but it can easily be prevented by vaccination.

What are the risks of not vaccinating against rubella?

Rubella infection is dangerous because of its ability to damage an unborn baby. Infection of a pregnant woman may result in a miscarriage, stillbirth or the birth of an infant with abnormalities which may include deafness, blindness and mental retardation. Congenital Rubella Syndrome (CRS) occurs among infants born to women who have had rubella during the first trimester of pregnancy.

What can be done to prevent the spread of rubella?

Maintaining high levels of rubella immunization in the community is critical to controlling the spread. Control of the spread of rubella is needed primarily to prevent the birth defects caused by CRS. Therefore, women of childbearing age should have their immunity determined and receive the rubella vaccine if needed. Infected children should not attend school during their infectious period.