

The issue of immunisation is not new to us. We have heard about it several times, studied it in class and even experienced it.

Some parents still refuse to take their children for it due to certain myths that surround it hence disabilities.

Make it your obligation as someone who knows about it to educate others too. Do not let the people in your community suffer the side effects of not immunising their children.

Today, read and learn even more about immunisation. You will find that there is no substitute for immunisation. Therefore, help those who do not know about to get vaccinated.

Lydia Ainomugisha
Editor, NIE

NIE

Developing Young Readers

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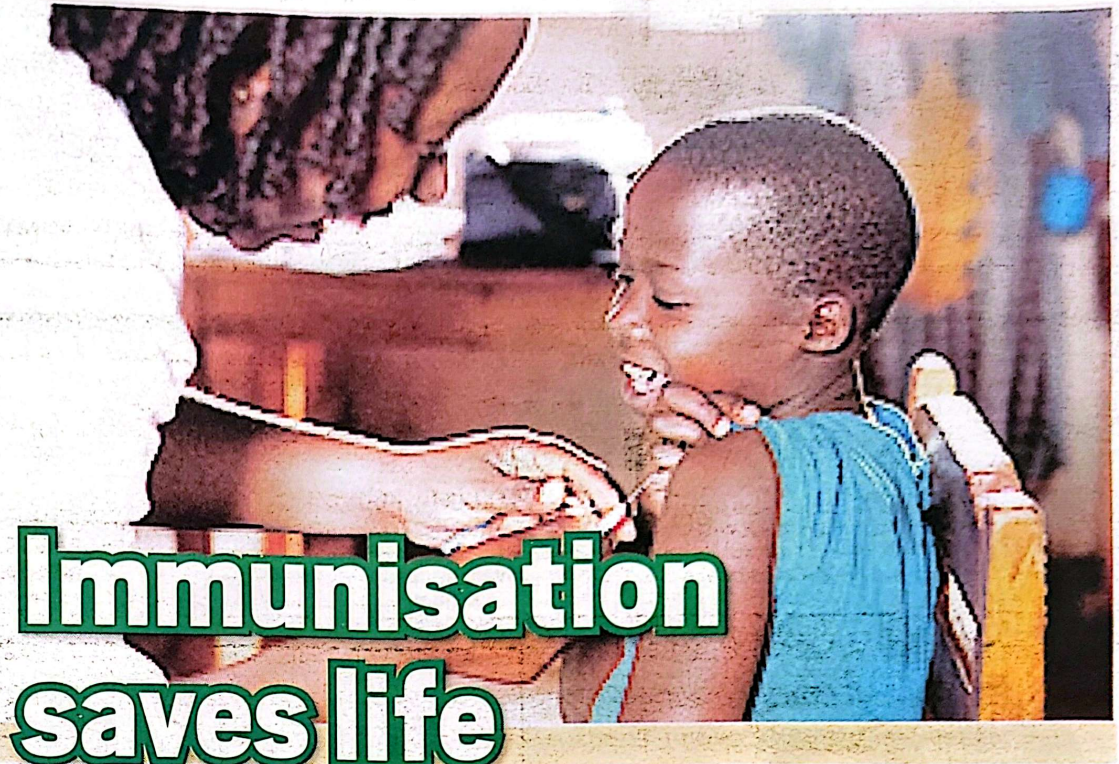
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Take a healthy breakfast

Some people often skip breakfast but scientists advice that you start the day with a healthy breakfast. This refuels the body and provides energy for the day. The breakfast should not be any ordinary meal, but rather be balanced to include at least proteins and vitamins.



Immunisation saves life

BY SARAH AANYU
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World Health Organisation (WHO) defines immunisation as the process whereby a person is made resistant to an infectious disease by the administration of a vaccine orally or through an injection. Vaccines stimulate the body's immune system to protect the person against subsequent infection or disease.

Children are often immunised against diseases such as polio, measles, tetanus, hepatitis, tuberculosis, whooping cough and this is done starting from the day they are born.

According to the World Organisation

for Health, while better hygiene, sanitation and clean water help protect people from infectious diseases, many infections can spread regardless of how clean we are. If people are not vaccinated, diseases such as whooping cough, polio and measles, will quickly reappear.

It further states that vaccines are safe. "Any licensed vaccine is carefully tested across multiple phases of trials before it is approved for use, and regularly reassessed once it is on the market," states WHO.

Immunisation not only fights diseases but enables a child live a healthy happy life because they will be strong.

Ask your parents to immunise your

siblings below five years against the eight killer diseases.

Patrick Enabu, a teacher at Nakasero Primary School says when children are immunised, their lives are saved from disabilities or mental health which either lowers their esteem or retards their growth both mentally and physically.

"The immunisation process starts once a mother conceives until the child is of age to know that they need to be vaccinated in order to live a healthy life," says Enabu. Turn to Page 2

your letters

What would you tell a parent who disregards immunisation?

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