

جامعة قاسيون الخاصة للعلوم والتكنولوجيا

*Qasyoun Private University  
for Science & Technology  
Faculty of Pharmacy*  
**English for Pharmacy Purposes**

المحاضرة الأولى بتاريخ الجمعة الموافق ل 13-أذار-2020

## **A Parent's Guide to Vaccination**

Vaccination is the best way to protect your child's health

Parents are responsible for the well-being of their children, including protecting them from illness caused by diseases that are vaccine-preventable. Learn about vaccination and why it is important to your child's health.

Parents agree that feeding and sleeping schedules are important to help keep children healthy. The same goes for childhood vaccinations. Vaccinating your children is the best way to keep them safe from many serious and potentially deadly diseases. You can help protect your children by getting them vaccinated on time and keeping their shots up to date.

### **What is a vaccine?**

Vaccines are made with a tiny amount of dead or weakened germs. They help the immune system learn how to protect itself against

disease. Vaccines are a safe and effective way to keep your child from getting very sick from the real disease.

### **Did you know?**

Vaccination can also be called immunization, vaccines, shots, or needles. These words mean the same thing.

### **What is the immune system?**

The immune system is a special network in the body that protects you from germs, like bacteria and viruses that cause diseases. Through a series of steps called the immune response, the immune system learns how to recognize germs in order to fight them if your child is exposed to them in the future.

Your child is exposed to thousands of germs daily at home, at daycare or in the grocery store. Even a sweet kiss from a brother or sister can be full of germs. Most of these germs are harmless and are easily handled by your child's immune system. But some germs can make your child very sick.

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### **Diseases prevented by routine vaccinations**

Vaccinating your children protects them from many vaccine-preventable diseases.

Nearly all these diseases can spread easily from person to person, mainly through coughing and sneezing. They can be serious enough to cause severe complications or even death. Getting your children vaccinated on time gives them the protection they need to stay healthy.