Question and Answer Booklet on Routine Immunisation
1. What is Immunisation?

Immunisation is a means of protecting a person against vaccine preventable diseases by building the body’s defence system so that it is able to fight off diseases.

This is achieved through giving vaccines to a person through the mouth and/or by injections.

2. Why Immunise?

Immunisation will:
- Strengthen a child’s ability to fight diseases against the 11 childhood immunisable diseases
- Reduce chances of children suffering from the 11 Childhood immunisable diseases.
- Prevent lameness, blindness, liver disease, cancer of the cervix among others.
- Contribute to a child’s proper growth and development.
- Reduce costs in terms of time and money spent on treatment which contribute to socio-economic development.
- Protect the woman and her future babies from Tetanus.

3. What are the routine childhood vaccine preventable diseases

- Tuberculosis
- Poliomyelitis
- Whooping Cough
- Diphtheria
- Measles
- Tetanus/Neonatal Tetanus
- Hepatitis B infection
- Cancer of the Cervix
- Pneumococcal infections (pneumonia and meningitis)
- Haemophilus Influenza
- Diarrhoea due to Rotavirus.

4. Who should be immunised?

According to Ministry of Health policy, the following categories of persons are targeted for routine immunisation.
◆ All children below one year should be taken for immunisation five times before their first birthday.
◆ All girls aged 10 years in and out of school should be vaccinated against Cancer of the cervix.
◆ All women of child bearing age (15-49 years) should be vaccinated against Tetanus.

5. Who provides immunisation services?

Immunisation is provided by qualified Health workers.

6. How is Immunisation done?

Immunisation is done by giving Vaccines by mouth or injection.

7. Where is Immunisation done?

Immunisation is provided at all Government and Non-Government Health Facilities and Outreach sites in your Communities.

8. Is Immunisation effective?

Yes, immunisation is very effective in preventing diseases when all recommended doses of vaccines are given at the right time as per the schedule. For example, Polio and Measles have reduced greatly because of immunisation; and small pox was eradicated worldwide through intensive immunisation.

9. How much does it cost to immunise?

Routine Immunisation services are free of charge. The Government has paid for the vaccines.

10. What are the benefits of immunisation?

◆ Immunisation strengthens a person’s ability to fight diseases for life
◆ Reduces chances of children suffering from childhood immunisable diseases
◆ Protects children from liver disease and cancer later in life
◆ Prevents complications such as lameness and blindness in children; and reduces burden to parents/caretakers, community and nation
◆ Contributes to child’s proper growth and development
◆ Reduces costs in terms of time and money spent on treatment. This contributes to socio-economic development
◆ Protects the entire community from the childhood vaccine preventable diseases
◆ Protects the mother and her unborn baby from Tetanus
11. How many times should I take my child for immunisation?

Children should be taken for immunisation five times before their first birthday, as indicated in the immunisation schedule. The health worker will advise you on the next visit.

- Child must be taken for immunisation 5 times before their first birthday, according to the immunisation schedule below

1. Schedule for Children below one year

- The schedule reflects all the vaccines a child should get before their first birthday and to be considered as fully immunised

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**UGANDA ROUTINE IMMUNISATION SCHEDULE FOR CHILDREN (UNDER ONE YEAR)**

<table>
<thead>
<tr>
<th>NUMBER</th>
<th>AGE OF THE CHILD</th>
<th>VACCINE</th>
<th>DISEASE PREVENTED</th>
<th>HOW AND WHERE VACCINATION IS GIVEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>AT BIRTH</td>
<td>Polio 0</td>
<td>Polio</td>
<td>2 Drops in the mouth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BCG</td>
<td>Tuberculosis</td>
<td>Injection on the right (upper arm)</td>
</tr>
<tr>
<td>2nd</td>
<td>AT 6 WEEKS</td>
<td>Polio 1</td>
<td>Diphtheria,</td>
<td>2 Drops in the mouth</td>
</tr>
<tr>
<td></td>
<td>(One and a half month)</td>
<td>DPT-HEB-Hb 1</td>
<td>Whooping cough,</td>
<td>Injection on the (left thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tetanus,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hepatitis B,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Haemophilus influenza type B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pneumococcal Conjugate Vaccine 10 (PCV1)</td>
<td>Meningitis and</td>
<td>Injection on the (right thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pneumonia (caused by streptococcal Pneumoniae)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rotavirus Vaccine 1</td>
<td>Diarrhoea (caused by Rotavirus)</td>
<td>Slow release into the mouth (Baby sucks)</td>
</tr>
<tr>
<td>3rd</td>
<td>AT 10 WEEKS</td>
<td>Polio 2</td>
<td>Polio</td>
<td>2 Drops in the mouth</td>
</tr>
<tr>
<td></td>
<td>(Two and a half months)</td>
<td>DPT-HEB-Hb 2</td>
<td>Diphtheria,</td>
<td>Injection on the (left thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whooping cough,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tetanus,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hepatitis B,</td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Haemophilus influenza type B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pneumococcal Conjugate Vaccine 10 (PCV 2)</td>
<td>Meningitis and</td>
<td>Injection on the (right thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pneumonia (caused by streptococcal Pneumoniae)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rotavirus Vaccine 2</td>
<td>Diarrhoea (caused by Rotavirus)</td>
<td>Slow release into the mouth (Baby sucks)</td>
</tr>
<tr>
<td>4th</td>
<td>AT 14 WEEKS</td>
<td>Polio 3</td>
<td>Polio</td>
<td>2 Drops in the mouth</td>
</tr>
<tr>
<td></td>
<td>(Three and a half months)</td>
<td>Injectable Polio Vaccine (IPV)</td>
<td>Diphtheria,</td>
<td>Injection on the (left thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whooping cough,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tetanus,</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Hepatitis B,</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Pneumococcal Conjugate Vaccine 10 (PCV 3)</td>
<td>Meningitis and</td>
<td>Injection on the (right thigh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pneumonia (caused by streptococcal Pneumoniae)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>At 6 months and every 6 months until child is 5 years</td>
<td>Vitamin A Supplement</td>
<td>Prevent blindness and strengthen resistance against other diseases</td>
<td>Drops in the mouth</td>
</tr>
<tr>
<td>5th</td>
<td>AT 9 MONTHS</td>
<td>Measles Vaccine</td>
<td>Measles</td>
<td>Injection on the (left arm)</td>
</tr>
</tbody>
</table>

Parents take your children for immunisation 5 times before their first birthday. All vaccines are SAFE, EFFECTIVE and FREE.

(For further information please contact: Toll free line: 0800100066)

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EPI vaccines and route of administration

Vaccines are given to a child through the mouth (orally) and/or by injection.
12. How many times should a woman of child bearing age be vaccinated against Tetanus and Diptheria?

Women of child-bearing age should be vaccinated to protect themselves and their future babies against Tetanus and Diptheria.

<table>
<thead>
<tr>
<th>Number of Visits</th>
<th>Age</th>
<th>Vaccine given</th>
<th>Disease Prevented</th>
<th>How and where the vaccine is given</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Dose</td>
<td>Women of Child bearing age (At 15 to 49 years)</td>
<td>Tetanus Diptheria (TD1) Vaccine</td>
<td>Tetanus Diptheria</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>2nd Dose</td>
<td>1 Month after 1st dose</td>
<td>Tetanus Diptheria (TD2) Vaccine</td>
<td>Tetanus Diptheria</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>3rd Dose</td>
<td>6 Months after 2nd dose</td>
<td>Tetanus Diptheria (TD3) Vaccine</td>
<td>Tetanus Diptheria</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>4th Dose</td>
<td>12 Months (1 Year) after 3rd dose</td>
<td>Tetanus Diptheria (TD4) Vaccine</td>
<td>Tetanus Diptheria</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>5th Dose</td>
<td>12 Months (1 Year) after 4th dose</td>
<td>Tetanus Diptheria (TD5) Vaccine</td>
<td>Tetanus Diptheria</td>
<td>Injection on the upper arm</td>
</tr>
</tbody>
</table>

The TD vaccine protects Women of Child Bearing Age from Tetanus and Diptheria.

All vaccines are SAFE, EFFECTIVE and FREE.

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13. How many doses should a ten year old girl in the community or a girl in primary four, get to be fully immunised against cancer of the cervix?

As indicated in the HPV schedule, girls of 10 years in and out of school should receive two doses of the HPV vaccine. The first dose is given as soon as, she turns 10 years and the second dose, should be given six months after receiving the first dose.

<table>
<thead>
<tr>
<th>Number of Visits</th>
<th>Age</th>
<th>Vaccine given</th>
<th>Disease prevented</th>
<th>How and where the vaccine is given</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Dose</td>
<td>Girls at 10 years of age, in and out of school</td>
<td>Human Papilloma Virus (HPV) Vaccine HPV 1</td>
<td>Cancer of the Cervix</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>2nd Dose</td>
<td>Six Months after 1st dose</td>
<td>Human Papilloma Virus (HPV) Vaccine HPV 2</td>
<td>Cancer of the Cervix</td>
<td>Injection on the upper arm</td>
</tr>
</tbody>
</table>
14. **Are the vaccines safe?**
All vaccines are safe and have been approved by Ministry of Health, World Health Organization and UNICEF.

15. **How do vaccines protect the body?**
Vaccines work by preparing the body to fight diseases.

When the body receives the vaccine, it starts to practice how to fight off the disease by making antibodies that recognize the specific germ.

This is how protection is built and if someone who is vaccinated/immunised, is ever exposed to the actual disease, the antibodies are already in place and the body knows how to combat it and the person doesn’t get sick. This is called immunity.

16. **What are the possible reactions after immunisation?**
- Rise in body temperature
- Pain, swelling and redness at the site of injection

But all these effects can be managed. Do not apply any medication it will heal by itself.

17. **Does having multiple shots at one appointment put my child’s immune system at risk?**
No, multiple immunization shots will not compromise or overwhelm your child’s immune system.

All vaccines are safe and have been approved by Ministry of Health, WHO and UNICEF.

18. **Why give both oral and injectable vaccines for polio at a go?**
It gives double protection to the child against polio.

19. **Why give multiple injections at a go?**
Because each vaccine protects against a particular disease

20. **Why is it important to complete the immunisation schedule?**
Giving your child all of the vaccines at the age recommended does ensure your child’s health is best protected. This is why it is important to follow and complete the immunisation schedule.

21. **Can vaccines cause infertility?**
No, vaccines do not cause infertility but provide protection to the recipient against immunisable killer diseases.
22. **When is the vaccine most effective to the recipient?**
   - For children, from birth to one year.
   - For girls against cervical cancer, at 10 years.
   - For women of child bearing age, 15-49 years

23. **Do cultural practices and/or traditional treatments protect children from immunisable diseases?**
   - Immunisation is very effective in preventing diseases when all recommended doses of vaccines are given at the right time as per the schedule.
   - It is every leaders’ and parents’ duty and responsibility to ensure that all children are immunised on time and complete the immunisation schedule.

“Let us all support parents and guardians to ensure that their children are fully immunised”
For more information about immunisation

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Visit our website: www.health.go.ug