



Immunisation – 10 messages for children to learn & share

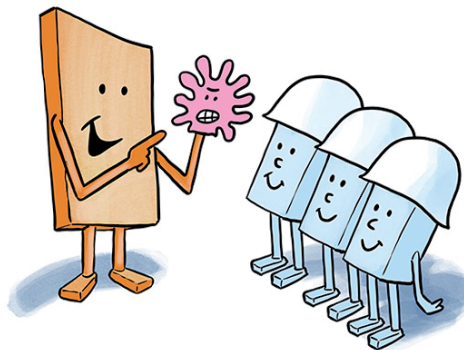
1. Immunisation means being protected against a disease.



2. When we have a disease, harmful germs can enter our bodies and cause us to be ill.



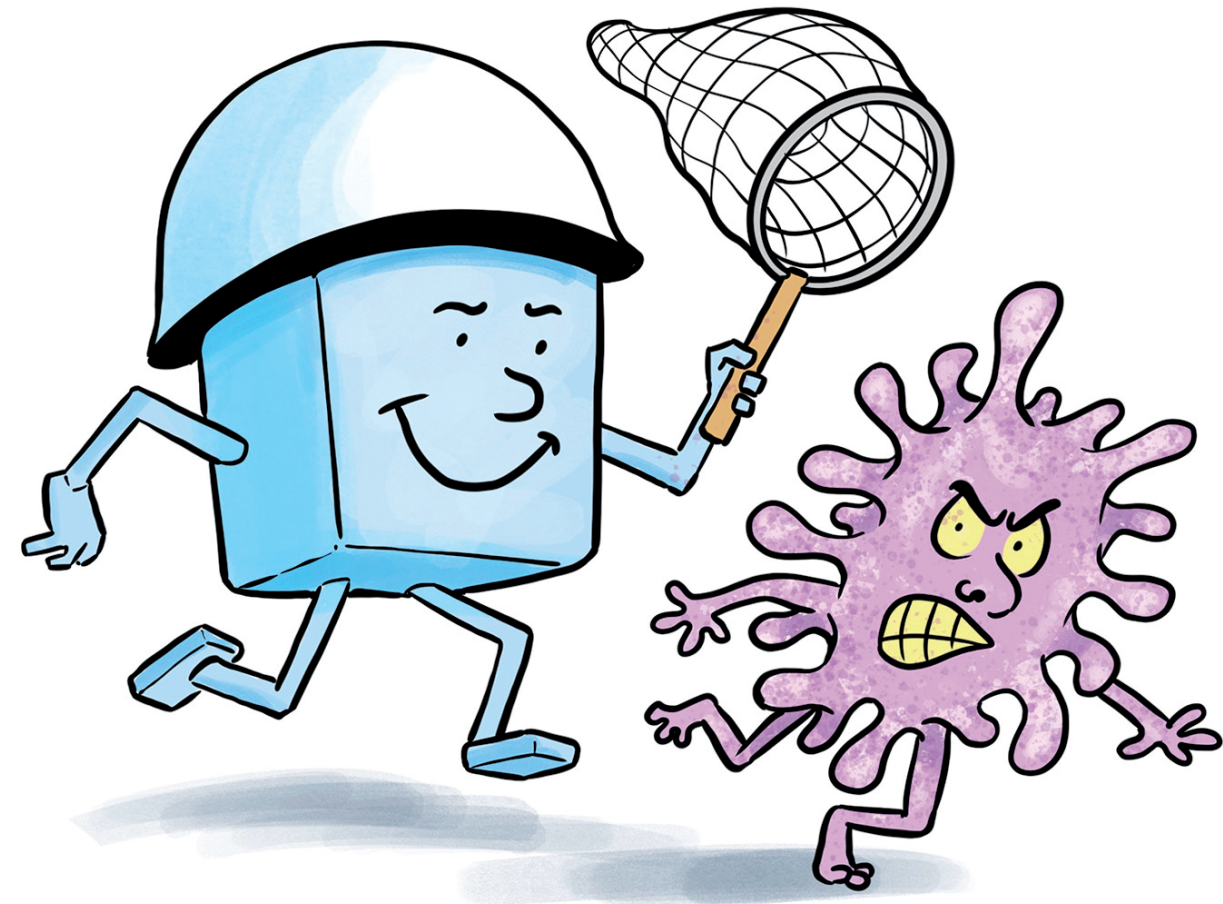
4. Vaccines by injection or mouth teach the body to make antibodies against a certain disease.



5. To be able to fight some diseases, you need to have vaccinations more than once to build up enough antibodies.

VACCINE CARD		
1	✓	10.12.2005
2	✓	1.7.2015
3	✓	18.2.2021

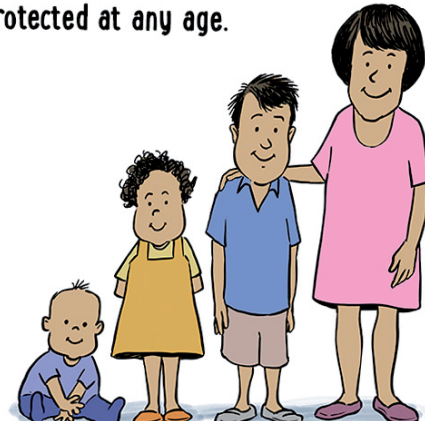
3. To fight disease, our body produces antibodies and these antibodies fight the germs. After the fight, antibodies remember the germs and can fight even better if the germs come into the body again.



6. Vaccinations save millions of lives! They prevent or weaken the effect of diseases like measles, tuberculosis, diphtheria, whooping cough, polio, tetanus and COVID-19.



7. To protect our body, it is best to be vaccinated before the germs enter our body BUT we can be vaccinated and protected at any age.



8. Every country has a vaccination schedule showing which vaccine to get at what age and how often to get it.



9. After some vaccinations, we can feel a little tired, weak or have a sore arm or develop a fever. This is normal. The body is using energy to develop antibodies to make the body stronger.

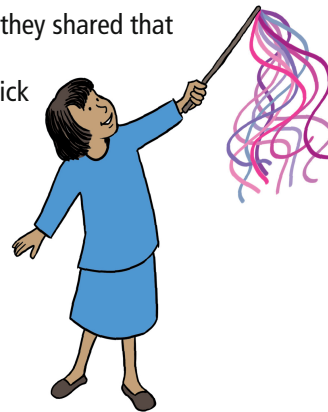


10. Some people are afraid of vaccines or can have strong feelings against them, but health workers and the scientists who created the vaccines want people to live healthy lives. Listen to their advice.



Frequently Asked Questions About Our Posters

- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups, etc.
- **Is it enough for children to learn the messages?** The messages are designed as 'doorways' to children's discussion & action. They are to understand & use, not just to memorize.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You may want to add other short & simple messages in your program and that's fine.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas. Take time to ensure they understand words, acronyms & ideas of lifelong importance like Antigens, Antibodies, the difference between immunisation and vaccination.



More Information for Educators on Immunisation

Some people associate getting a vaccine with pain (and even punishment!). It's important for children to develop a positive understanding that vaccines PREVENT suffering and ill health and save lives.

A note about the Covid-19 vaccine

The Covid-19 vaccine has been developed to weaken the serious effects of Covid-19 on the body. There are many Covid-19 vaccines, and they have all been tested and authorised as safe and effective. Covid-19 vaccines have been developed quickly because of the huge effect of the disease on all people worldwide. Millions of vaccines have been given to people in every country. Boosters are being given to make sure the vaccines further protect us against serious Covid-19 disease. The risk of the Covid-19 vaccine to a person is small and the risk of getting serious illness from Covid is big. Covid-19 is a virus and like all viruses, it changes all the time, so scientists follow this all the time. We will all need Covid-19 Vaccine boosters in the future to protect against new types of Covid-19. Small numbers of people react negatively to the Covid-19 vaccine and most have made a quick recovery. Most scientists and doctors who spend their lives helping people lead healthy lives are telling us to take the Covid-19 vaccine.

A note about vaccine hesitancy

There are many reasons why people choose not to vaccinate and these can include: complacency, inconvenience and not trusting the vaccines. Key messages to get across to families include:

- Many diseases like measles and polio are rare in our community now because of vaccination.
- Get vaccinated to keep safe.
- Families make decisions that impact their child's future every day. Vaccines are an effective way to protect your child from life-threatening illnesses.
- Vaccines are safe, they don't cause disease and they prevent disease!

Ideas for Activities

1. MAKE your own IMMUNISATION messages using your own words in your own language!
2. MEMORISE the messages so we never forget them!
3. SHARE the messages with other children and our families!
4. MAKE posters for Immunisation days and display them where everyone can see them.
5. MAKE a play about stopping killer diseases harming children in our village.
6. MAKE a story with pictures of superhero - Immunisations fighting the deadly diseases to protect us.
7. MAKE A POSTER of one or more diseases that can be prevented by Immunisation like Covid, Diphtheria, Measles & Rubella, Pertussis, Tuberculosis, Tetanus & Polio.
8. MAKE up a play or story about Aunty Body, a kind, strong protector that keeps us safe and well.
9. LEARN about each of the diseases and share what we learn with other children and our families.
10. MAKE a special Birthday Card for a new baby and their mother with the times of their Immunisations to wish them a happy and healthy first year of life!
11. FIND out more about the many diseases that Immunisations protect us against.
12. FIND out more about helping children with disabilities.
13. MAKE UP and TAKE A QUIZ to find how much we know about Immunisation. Share it with friends and family.
14. FIND out which Immunisations we need more than once. And help FIND children who missed Immunisations.
15. FIND out what are the disease's SUPERPOWERS and how Immunisation defeats these powers.
16. CHECK everyone in our class and our teachers have all had their Immunisations.
17. FIND out if there are special Immunisation events or days and health weeks when all children and babies can go for Immunisations.
18. FIND out if anyone in my family has missed their Immunisations so they can catch up.
19. ASK about Immunisations in my country and WHEN we can get immunised.
20. FIND OUT if anyone in our family had one of the killer diseases and find out what happened to them.
21. VISIT a clinic and ask for a blank vaccination/immunisation card for babies.
22. SPEAK to the class about a disease that a friend or family member had as a child because they were not vaccinated.
23. MAKE a POSTER, SPEECH or SONG
 - about the top three most infectious diseases in the world that can be by vaccination.
 - about a disease that was eradicated by immunisation/vaccination.
 - about the COVID-19 pandemic and how vaccination has helped to save lives.
 Get examples from different countries.