Vaccination is
Word tree template

Observations
Vaccines
Activating the body's natural protection from disease

1. We are exposed to diseases from bacteria and viruses constantly.

2. When a disease enters the body, the body has to learn how to defend itself or it will be infected.

3. Your body does this by creating special antibodies for each and every disease.

4. This is your body's natural defence but making the right antibodies can take time.

5. Diseases can travel rapidly, and in unexpected ways, and our bodies do not always have enough time to make these antibodies before infection makes us sick.

6. This is where vaccines come in. They teach the body how to create antibodies before infection through a completely natural process.

7. Your immune system gets rid of the infection before you even know it is there because the body remembers how to protect itself, both now and in the future.
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Vaccination is like...

Sports team analogy

Vaccination is like a test match against your strongest competitor. It helps you prepare your “game strategy” to defeat the disease when the big game, the infection, actually takes place.
Vaccination is like...
 Soldier analogy

Diseases are the enemy.

Your body has a few soldiers that recognize each disease.

A vaccine helps your body make more soldiers to fight against the specific disease. So, when you see the real disease, your body can respond quickly and fight it.
Vaccination is like...

The bridge analogy

NOT VACCINATING is like choosing to swim through crocodile-infested waters, because you are worried the bridge will collapse.
Fill in the blanks: a story of disease

Ask:
Can you think of a child close to you who has recently been sick? Do you know the story of his or her disease? Let us try to piece it together. What is the child’s name?

Say:
Recently, ___________ got sick. His/her symptoms were _____ and ____________.

When germs invade the body, they attack and multiply. This invasion is called _______________ and the infection is what causes illness.

The first time the body encounters a germ, it can take several days to make and use all the germ-fighting tools needed to get over the infection.

After the infection, the immune system remembers what it learned about how to protect the body against that disease. This helps it to act quickly when it encounters the same germs again.

Vaccines help develop __________________ by imitating an infection.

Some germs that cause common colds cannot be prevented by vaccines. Other, more serious diseases can be prevented by vaccines. These diseases are called _______________.

I think __________ ‘s illness ___________ could have been prevented by a vaccine.

Children who are vaccinated have___________________.

Most importantly – vaccine helps the body remember and to develop long-term immunity against the disease.
**Name and fame**

**Vaccine-preventable diseases (VPD) counselling cards**

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**Tuberculosis**

**Some key symptoms**
- Cough
- Feelings of sickness or weakness
- Weight loss, fever and/or night sweats.

**If not prevented**
Tuberculosis can cause death. Tuberculosis (TB) is one of the top 10 causes of death worldwide.

**Vaccine**
- BCG

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**Tetanus**

**Some key symptoms**
- Stiffness of the neck, jaw, and other muscles often with a grinning expression
- Uncontrollable spasms of the jaw ('lockjaw') and neck muscles

**If not prevented**
Tetanus is a very dangerous disease for newborn babies and pregnant mothers. Babies born with tetanus often die.

**Vaccine**
- Pentavalent
  
  (DTP + HepB = Hib)
Name and fame
Vaccine-preventable diseases (VPD) counselling cards

**Pertussis / Whooping cough**

- **Some key symptoms**
  Fits of many, rapid coughs followed by a high-pitched “whoop” sound

- **If not prevented**
  Pertussis can cause coughing fits that make it difficult for children to eat, drink or breathe. It is most dangerous in infants.

- **Vaccine**
  Pentavalent

**Measles**

- **Early signs**
  high fever, runny nose and cough
  red and watery eyes
  small white spots inside the cheeks

- **If not prevented**
  Measles is highly contagious disease and can lead to blindness and encephalitis. It is a common cause of death among young children around the world.

- **Vaccine**
  Measles vaccine or MMR for Measles, Mumps Rubella

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www.ifrc.org Saving lives, changing minds.
International Federation of Red Cross and Red Crescent Societies
Some key symptoms
1-2 days of mild fever and swollen, tender lymph nodes, usually in the back of the neck or behind the ears. A rash then begins on the face and spreads downward.

If not prevented
Rubella infection in pregnant women can cause miscarriage or birth defects that affect children’s brain, heart, eyes and ears and lead to lifelong disability.

Vaccine
MMR

Some children do not have any symptoms.

Some key symptoms
Fever, loss of appetite, tiredness, muscle aches, headaches. Swollen glands in front of the ears or under the jaw.

If not prevented
Mumps is highly contagious and most often affects children between five and nine years old. Severe cases can lead to meningitis and deafness.

Vaccine
MMR

Some children do not have any symptoms.
Some children do not have any symptoms.

Pneumonia (lung infection) is the most common serious form.

### Early signs
- Fever, fatigue, headache
- Vomiting
- Stiffness in the neck and limb pain
- Polio can cause total paralysis in a matter of hours

### If not prevented
Polio is a highly infectious disease that mainly affects young children. It can lead to permanent paralysis or death.

### Vaccine
- Polio – OPV (drops) and/or IPV (injectable vaccine)

### Some key symptoms
- Fever and chills, cough
- Difficulty/rapid breathing
- Chest pain

### If not prevented
Pneumonia is one of the largest infectious causes of death in children worldwide.

### Vaccine
- Pneumococcal vaccination

Pneumonia (lung infection) is the most common serious form.
# Vaccination planner

My child's name ___________________________  Date of birth ________________

Clinic location/contact ________________________

<table>
<thead>
<tr>
<th>Vaccinations required</th>
<th>Vaccinations done</th>
<th>Date to go to the clinic</th>
<th>What else is happening in my life around this time to help me remember?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnancy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-2 weeks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 months</td>
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<tr>
<td>6-12 months</td>
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<tr>
<td>1 year</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>2 years</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Vaccines
For life-long protection

Pregnancy

AT BIRTH: TB, Polio and Hepatitis B vaccinations.

6 WEEKS: Begin a series of three vaccinations for diphtheria, tetanus, pertussis, and polio.

9 MONTHS: Have four vaccination visits, ending with measles vaccination.

Children and adults of all ages can be infected with rabies and tetanus and will need an immediate dose of vaccine to help prevent these diseases.

Rabies: Children and adults can get rabies if they are bitten by an animal with rabies. Immediately wash the wound and get a series of the rabies vaccine to prevent onset of the disease which is almost always fatal.

Tetanus: Children and adults can get infected with tetanus when they get a scratch, cut or wound, particularly from objects found outdoors, in gardens where the bacteria can commonly be found in dust, soil and animal feces. Immediately wash the wound, and if you have NOT been fully vaccinated for tetanus within the past ten years, get the tetanus vaccine immediately.

First year of life

Second year of life

Routine immunization allows for catch up on missed vaccinations and to increase protection from disease.

Follow-ups may be helpful added protection for measles and diphtheria, tetanus and pertussis.

School-entry

Entry into pre-school and primary school is an opportunity to make sure that children have received all the vaccinations they need – and if not, to catch up!

Children may need additional or new doses of vaccine to protect them from measles, tetanus, diphtheria, polio, chicken pox, the flu and other diseases.

In addition to another opportunity to catch-up on missed vaccines, adolescents need vaccines to protect them from infections that cause meningitis, cancer caused by HPV (human papillomavirus), whooping cough, the flu and other diseases.

Pre-teen and adolescence

Adulthood

As adults age, they are at increased risk of diseases such as the flu, hepatitis B, shingles and pneumococcal disease. Immunization can help older adults to remain disease-free, active and healthy for longer so that they can continue to contribute to their family and community.
Making a plan

I will take ________________________________ name of child

to the  □ Clinic or

□ Outreach centre or

□ Health camp

to protect from ________________________________ name of disease

on:

day of the week

month

day
Common barriers
Card sort cards

“My husband / wife needs to give permission”

“I do not feel that vaccination is supported in my community”

“I cannot make this decision on my own”

“There are too many appointments to keep track of.”

“I do not know where to go, when to go, what vaccines do, why they’re important…”

“I do not have all the information”
Common barriers
Card sort cards

“My religious leaders do not support vaccination”
“Traditional healers do not believe in vaccination”

“It is against my religion or culture”

“I know a family whose child got very sick after vaccination.”
“I am worried about side-effects”

“I do not think vaccination is safe”
### Common barriers

#### Card sort cards

<table>
<thead>
<tr>
<th>Vaccination is inconvenient</th>
</tr>
</thead>
<tbody>
<tr>
<td>“The clinic is too far away, and I cannot afford to miss a whole day of work.”</td>
</tr>
<tr>
<td>“The hours are not convenient. We are not treated well in the clinic”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I do not think vaccines work</th>
</tr>
</thead>
<tbody>
<tr>
<td>“My children are not at risk, so it is not worth it to vaccinate them.”</td>
</tr>
<tr>
<td>“I do not believe vaccines protect against disease.”</td>
</tr>
</tbody>
</table>
Common barriers
Card sort cards (templates)
A parent or caregiver may not want their child to be vaccinated for multiple reasons.

Remember, the first step is to listen to their concerns with understanding and empathy. You can think of empathy as simply imagining yourselves in their shoes. Why might they believe or feel that way? What are the conditions in their lives that might make this true for them?

After you have listened patiently and expressed your understanding, respectfully provide them with accurate information and advice. Here is some dialogue that may help you respond effectively to some common scenarios.

This fact sheet may be used as a reference sheet, or as a helpful guide to facilitate a role-play exercise.

Observations:
1. Actively listen

- Nod frequently.
- Be patient.
- Do not interrupt.

2. Empathize

- “I understand why you have concerns...”
- “I had similar worries at first...”
- “Your children are the most important thing...”
- “I hear you...”
- “I believe you...”
- “You’re right about... but....”

3. Reframe the issue to make it specific to the family or community you’re speaking to:

   a) BELIEVE VACCINE IS UNSAFE

   (continued on next page)
Responding to resistance
Fact sheet

COMMUNICATION APPROACH

a) BELIEVE VACCINE IS UNSAFE (cont.)

“Side-effects depend on the child, and every child is a little different. Some have fever after a vaccine, while others do not. These side-effects just mean the vaccine is doing its job. Your child will be fine within a few days. And then he is protected for the rest of his life against far more serious illness.”

“We are lucky we have an easy way to prevent disease in our community.”

b) BELIEVE VACCINE IS INEFFECTIVE

“I have thought about this too. But then I found out that vaccines are more effective when they are taken according to the schedule. Sometimes that means taking them several times. That’s why it is important to follow the national vaccination schedule, and not miss out any vaccines.”

“As you can imagine, it is hard to vaccinate everyone in an entire village, let alone a big city or a country. But the vaccine becomes so much more effective once everyone has it because it becomes harder for germs to find unprotected children to pass through.”

(continued on next page)
Responding to resistance
Fact sheet

**COMMUNICATION APPROACH**

**SAMPLE DIALOGUE**

b) BELIEVE VACCINE IS INEFFECTIVE (cont.)

“To make sure the vaccine works as best as it possibly can, your child needs to be strong enough to fight infections. Wash hands with soap to prevent diarrhoea, feed him good, nutritious food, together with breastfeeding until two years of age, and make sure you follow the routine immunization schedule fully.”

4. Emphasize the importance of vaccination as something we all do together, without being pushy or disrespectful

“Giving the vaccine does not just protect your children, it actually will help all of us protect our children from getting sick.”

“We have protected so many children by doing this all together.”

5. No matter the outcome, thank them for their time.

“I know you are very busy and have many things to do. Thank you for taking the time to listen to me. I only want what is best for your children and the community.”
VAX FACTS GAME
FULLY VACCINATED!

2 YEARS OLD

1-3 MONTHS

3-6 MONTHS

6

12

10

26

CHANCE CARDS
Vax facts game

Introduction

Vaccinating your child is not always easy. In Vax facts, you will take on the role of a mother or father who must get your child all the vaccinations they need up to two years old.

This is a card based game. There is no die. You move around the board using two kinds of cards:

1. Question cards
2. Chance cards

a) Question cards: Test your knowledge of immunization. If you get the question right, the card tells you how many spaces you move forward. If you get it wrong, remain where you are.

b) Chance cards: Because life is unpredictable, in addition to the question cards, there are “chance cards”. These are smaller cards that are drawn only if you land on the chance space on the board. Chance cards can both support or hurt your vaccination efforts. So, some chance cards will be positive and will send you forward. Others will be barriers to vaccination, and will send you backward.

The entire game should take about 20-30 minutes to complete.

Remember: This is about learning, so help each other out. Discuss the cards together. Talk about the images on the board and how they relate to vaccination. Have some fun on your way to fully vaccinate your two year old child!

Set-up

Vax facts can be played by up to six teams or six individual players.

1. Connect the three A4 pieces, lay out the board and have the players sit around it (A).
2. Cut and assemble the player pawns and have each player select one. Place the pawns on the ‘Start’ space (B).
3. Cut out the question and chance cards and place them in the correct space on the board (C)(D).

You are ready to play!

* Note there is no die. Players move according to the number of spaces highlighted on the card.
Vax facts game

Play by play instructions

1. The youngest player (player 1) draws the first question card from the top of the pile. He/she then reads it out loud to the person or team to the left of them (player 2).

2. If a correct answer, player 2 moves their player pawn according to the number of spaces shown on the card. Players can discuss the answer and agree whether the answer given was correct or not.

3. If player 2 lands on a chance space after a correct answer, they must now also take a chance card and move forward or backward, depending on the card.

4. If the answer is incorrect they remain where they are. It is then the next player’s turn to their left (Player 3).

5. Player 2 now reads the next question card for Player 3.

The game continues this way until time is reached or a player or team reaches the final space on the board: a fully vaccinated child.

 Clarifications

Players can land on the same space with no penalty.

If a player has answered incorrectly for two rounds or more in a row, they can choose to take a risk on their next turn with a chance card, instead of drawing a question card. Remember, chance cards can be both positive and negative. This could make things worse!

If a player is sent backwards they cannot go past the Start space. If for example, they are asked to go back three, but only have one space, left on the board, they would simply start at the first space.

 Winning the game

The winner is the first player or team to get to complete the board and cross the two year-mark with a fully-vaccinated child!

Players do not need to land on the final space exactly. For example, if there are two spaces remaining, they can move forward three or more and still win.

If there is not enough time to complete the game, the player closest to the final space at the time of completion is the winner.
How does your body naturally defend itself when germs such as bacteria and viruses attack?

Your body fights back against the germs by making antibodies — which are the body's natural defence weapons. This is done in the body's immune system, the headquarters for the body's defence against infection and disease.

What does it mean to have immunity against a disease?

After infection, if the same type of germ invades again, your body and antibodies will be able to recognize it and react quickly to kill it. This means that you are much less likely to get sick and develop the disease. This is called immunity.

How does vaccination protect you from disease in the future?

Vaccines encourage your body's natural immune response by safely introducing a weakened form of the disease through the vaccine. It acts like an infection, without making you sick.

Do vaccines offer 100 per cent protection?

Though no vaccine offers 100 per cent protection, your body will be much better able to protect itself against that disease if it ever tries to invade again and you will have long-term immunity against that particular disease.

Name the 3 ways common vaccines are given?

1. Injection.
2. Drops (polio is one example).
3. Inhalation (some flu vaccines).

How many children globally are estimated to be saved by vaccines every year?

It is estimated that the lives of 3-4 million children are saved by vaccines every year.

Today, immunization is considered to be one of the most important discoveries in the history of public health.

Name three common reasons that children get sick?

Common reasons include:
1. Poor nutrition
2. Inadequate sanitation
3. Lack of access to clean water
4. Poor hygiene

What is the difference between vaccine-preventable diseases and other types of diseases?

Vaccine-preventable diseases can be prevented with vaccines.
Most parents already understand the importance of vaccination. Name at least two essential pieces of information they will always need to know.

1. When the next immunization is
2. Where to bring their child for the next immunization
3. What common side-effects they might expect. What they should do if these occur
4. Any misinformation or concerns should also be addressed with correct information

Do vaccines treat or prevent disease?
Vaccines prevent disease, they are not treatment for disease. The best decision is always to vaccinate before children in the community become sick.

Can you name five of the diseases that vaccines protect children (and adults) from?
Diphtheria
Pertussis
Tetanus
Hepatitis B
Haemophilus influenza B
Polio
Measles
Mumps
Rubella
Meningitis
Yellow fever

What is the national vaccination schedule for?
The national vaccination schedule is a plan that outlines which vaccines (and how many doses) should be given to children and at what age.

Are vaccines safe?
Yes. When vaccines are given at the right time, by qualified people, vaccination is safe and effective.

How do vaccines help protect people who cannot be vaccinated? What is this called?
High vaccination rates protect the most vulnerable in your community. This is called herd immunity. When target vaccination rates are reached, it is much more difficult for disease to spread among the population. This helps protect the most vulnerable in your community, including children who are too young to be vaccinated, people with immune system problems, and people who might be too ill for vaccination (cancer patients, for example).

Should you vaccinate your children even if the disease is not affecting your community?
Yes. Diseases can always return at any time if children are unprotected.

Name two common side-effects from vaccination.
Slight fever
Redness where the injection was given
Swelling where the injection was given
Soreness where the injection was given.
These side-effects usually go away quickly and are easily treated. Serious reactions to vaccinations are very rare.
What are the six important life-time stages for vaccination?
1. First year
2. Second year
3. School
4. Pre-teen
5. Adulthood
* After animal bites

What vaccinations should a pregnant woman get?
Pregnant mothers should be vaccinated to protect their newborn babies from tetanus: up to a total of five doses during successive pregnancies.

Why is it particularly important to vaccinate children early in life?
Babies, toddlers and young children are at their most vulnerable early in life before they are exposed to dangerous disease.

Why is it important for children to complete the full vaccination schedule?
If they do not, they will not be fully protected against the disease. Complete vaccination = complete protection.

What are the three categories of children that help us to think about vaccination coverage?
1. Drop-outs: are children who have started but not finished their required vaccines.
2. Unreached / resistant: are children who have not been vaccinated for various reasons.
3. Fully immunized children: have been vaccinated according to the national vaccination schedule.

Why should we offer praise and encouragement to families who have already vaccinated their children?
Parents who are already vaccinating their children can become invaluable ambassadors for vaccination in your community. Reassurance and praise also feels good, and can motivate people to continue the behaviour. This can lead them to access more health services for their family.

What is one of the biggest reasons for children missing their required vaccinations?
Parents often forget or do not know when their child’s next vaccination is due. The schedule is long and complex.

Name three different ways to remind families about their child’s next vaccination appointment.
1. Link the vaccination schedule to events in their real lives
2. Vaccination cards
3. National reminder systems (SMS, phone etc.)
4. Vaccination publicity campaigns
5. In person — volunteer or health-worker visits.
Immunization

1. Can barriers to vaccination be due to people’s experience with vaccination or based on their beliefs? Or both?
   Both. Barriers may be in the physical world (such as long distance to the health clinic or experience being poorly treated by health workers) or internal (such as cultural norms, how they think, their beliefs, what they think others think).

2. Name three of the most important bits of information you should share with parents regarding vaccination?
   - How and where children can be vaccinated
   - When vaccinations are due for each child
   - When the next vaccination is
   - Why vaccination is important

3. Why do you think it’s important to let parents know about potential side-effects?
   If side effects do occur, it will always help that they have been told to expect them. This helps build trust.
   It is critical that caregivers be told the common side-effects of vaccination, including fever, soreness where the vaccine is given, and swelling.

4. Name three or six common categories for barriers to vaccination?
   - Cultural beliefs / social norms
   - Information and perception
   - Poor experiences with service
   - Concerns regarding safety of vaccines
   - Concerns regarding effectiveness of vaccines
   - Issues of mistrust of vaccine, programme, healthworker, or service provider

5. Explain why the service (clinic, outreach, health worker etc) side of vaccination is so important?
   It is much more difficult to encourage repeat vaccination, if the first or later experiences with the health system were negative.
   The experience caregivers have with health workers and health system, whether through outreach or at the clinic, is one of the most important interactions families have with vaccination and with the health system.

6. What two approaches can you take when responding to a household that does not want to vaccinate their child?
   Respond with empathy, compassion and follow up with information.
   On its own, providing people with information and facts to persuade them to vaccinate their children is rarely enough. What matters is that you treat people with respect and listen to their concerns with patience and compassion.

7. Why is it important to reduce drop-outs?
   Reducing the number of drop-outs (children who have started, but not completed the vaccination schedule), can have a huge impact on increasing coverage and immunity in your area. Often, it is simply a case of making sure that people know when and where to next vaccinate their children.

8. Can barriers to vaccination be due to people’s experience with vaccination or based on their beliefs? Or both?
   Both. Barriers may be in the physical world (such as long distance to the health clinic or experience being poorly treated by health workers) or internal (such as cultural norms, how they think, their beliefs, what they think others think).
What should you do if you cannot answer someone’s question about vaccination?

If you do not know the answer to a parent’s question, you should say so and offer to find someone who does. And then, make sure you follow through. This is a valuable opportunity to build trust.

+2

A local mother’s group offers to go with you to the clinic.

+1

The clinic is too far.

-1

You have your vaccination card.

+3

The clinic is closed.

-2

You children share positive information about vaccination they learned at school.

+2

The clinic has no vaccine.

-3

A respectful and knowledgeable health worker visits you at home.

+3

The health worker treats you poorly.

-3

You heard local doctors on the radio promoting vaccination.

+1

You do not know when your child’s next vaccination is.

-2

A Red Cross Volunteer has arranged a ride for you to the clinic.

+1

A local religious leader has declared that vaccination is against your religion.

-2

A mobile clinic has been set up in your community.

+2

Your mother-in-law does not support vaccination.

-1
Immunization

You received a vaccination reminder on your phone. +1
Your husband does not support vaccination. -2
The clinic is offering free medical consultations. +2
You do not think your neighbours are vaccinating their children. -3

Your best friend tells you about his/her great experience at the clinic. +1
You heard a rumour on the radio against vaccination. -3
The clinic wait time is short. +2
You received a WhatsApp message on your phone against vaccination. -1

There are toys at the clinic for your child to play with. +1
Outreach teams are all men. You aren't allowed to speak with them. -1
The health worker/Volunteer who visits you speaks the same dialect. +3
It's raining heavily, you do not want to go. -1

You have to work. -2
You can't find anyone to look after your other children. -3
Player pawns

Cut the pawns out along the heavy dotted line. You should have six pawns in total, which you can use to indicate where you are on the game board. Fold the pawns along the light dotted lines and use a piece of sticky tape to stick the bottom pieces of each pawn and to form a triangle-shaped pawn.