

## CHILDHOOD VACCINATIONS

**Asatullayev Rustamjon Baxtiyarovich**

*Trainee assistant at Samarkand State Medical University*

**Tadjieva Intizora Dilshodovna**

*Student*

No child should die from preventable diseases. Yet more than 14 million infants did not receive a single vaccine last year, leaving them at risk of preventable, severe illnesses and death.

For many families, a child’s first vaccine is also their first point of entry into the primary health care system, linking them to nutrition counselling, growth monitoring, and more.

As the world’s largest vaccine buyer, UNICEF delivers more than 2 billion doses each year – enough to reach nearly half the world’s children under five with protection against deadly diseases – while helping governments and communities build stronger health systems for every child.

Children get most of their immunizations by their second birthday—and a good chunk of these occur during their first year of life. Infants are vulnerable to many different diseases that could cause serious illnesses or even death. So, following the infant vaccine schedule is important to protect baby’s future from any kind of health problems.

Misinformation on social media and fear of side effects have led some parents to delay or refuse vaccinations. Education is key to overcoming this problem. Healthcare providers should communicate clearly, provide evidence-based information, and address parents’ concerns with empathy. Governments and schools can also play a role by ensuring vaccination programs are accessible and transparent.

Children born before 1990 received far fewer vaccines than today’s kids. However, over the years, we have gotten better at developing vaccines in two ways.

We target immune protection far more efficiently. Over the years, scientists got smarter at targeting viruses and bacteria—exposing children to fewer and fewer parts of the microbe (antigens) to stimulate the immune system.

### **Mid 1980's:**

Children under 2 received vaccines against 7 diseases.

These vaccine formulas were safe and effective but complex, targeting more than 3,000 antigens.

### **TODAY:**

Children under 2 receive vaccines against 15 diseases.

These vaccine formulas target 180 antigens and therefore ask ‘less’ of the immune system.

This is one way scientists and physicians know that the number of childhood vaccines cannot ‘overwhelm’ immune systems. Also, this number of antigens is far less than the germs our immune systems marshal a response to every day, almost always without us even knowing it. That’s the immune system doing its job!

### **Conclusion**

Childhood vaccinations are a cornerstone of public health. They protect children from deadly diseases, strengthen communities through herd immunity, and safeguard future generations. Choosing to vaccinate is not just a personal decision — it is an act of responsibility toward society. With continued education and global cooperation, we can ensure that preventable diseases remain a thing of the past.