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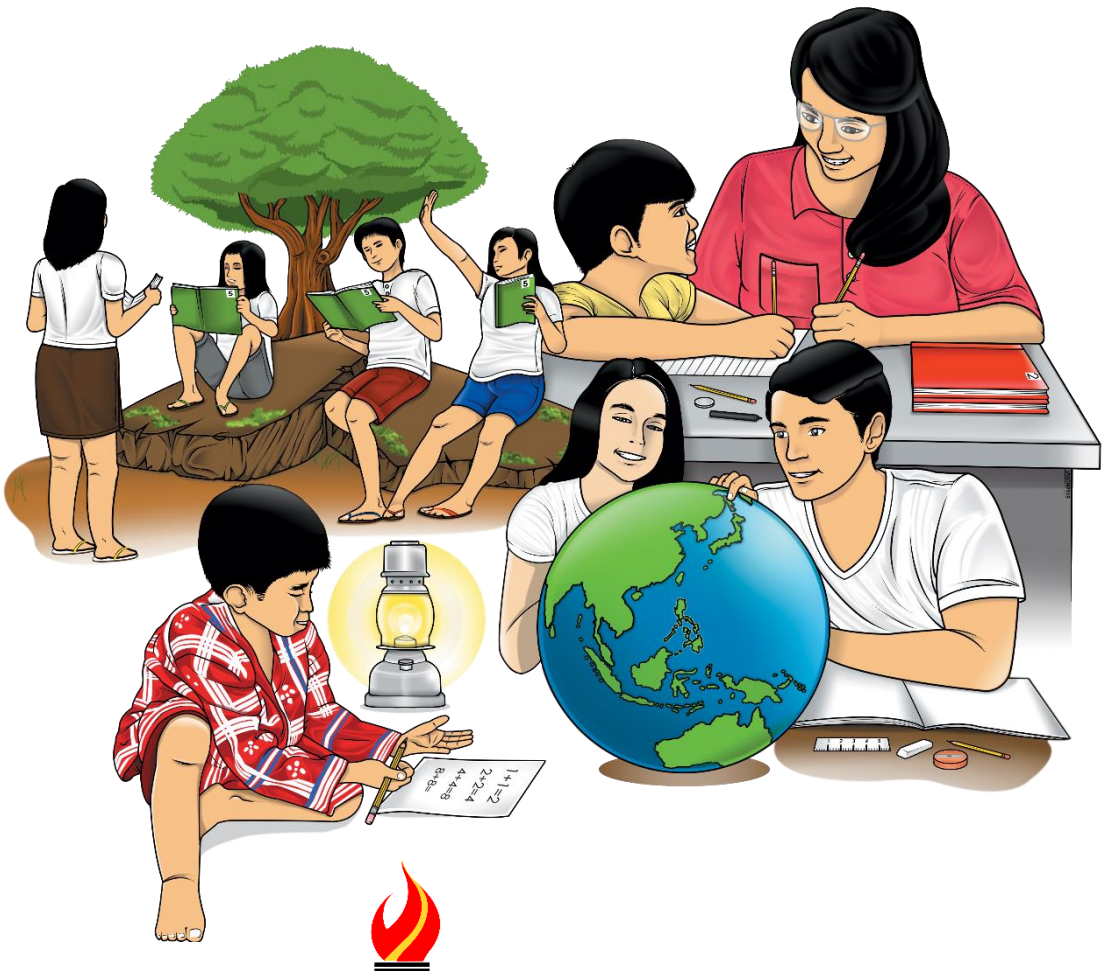
DEPARTMENT OF EDUCATION

HEALTH

Quarter 2 – Module 9:
Get Immunized



ALTERNATIVE DELIVERY MODE
ADM

PAG-AARI NG PAMAHALAAN
HINDI IPINAGBIBILI

Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 9: Get Immunized
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HEALTH

Quarter 2 – Module 9:
Get Immunized

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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

What I Need to Know

This module was designed and written with you in mind. It is here to help you master the maternal nutrition**.** The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains:

- Lesson 1 - Immunization

After going through this module, you are expected to:

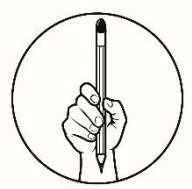
1. Recognize the importance of immunization in protecting children's health

(H8FH-IIe-f-36)

a. define the meaning of immunization;

b. give importance of immunization to protect children's health;

c. draw the effect of fully immunized person and person with an incomplete immunization during their childhood.



What I Know

Multiple Choice:
Directions: Read each question carefully and write only the letter of the correct answer in your activity notebook.

_____ 1. What process wherein a person is made immune or resistant to an infectious disease?

A. energy
B. immunization
C. performance
D. energy booster

_____ 2. What is the best way to prevent and eliminate life-threatening infectious diseases?

A. immunization
B. herb medication
C. self-medication
D. Triple the dose of the scheduled immunization

_____ 3. What is the appropriate age should a baby immunized by MMR (Measles, Mumps Rubella)?

A.10 months
B. 9 to 10 months
C. 9 months to 1 year old
D. 1 year old

_____ 4. What is the appropriate age should a baby immunized by BCG (Bacillus Calmette- Guerin)?

A. 7-8 months
B. 3-8 months
C. 0-1 month
D. 1 year old

_____ 5. What is the appropriate age should a baby immunized by Pentavalent (Diphtheria, Pertussis, Tetanus, Influenza B and Hepatitis B)?

A. 1 ½ month, 2 1/2 months, 3 1/2 months
B. 0-1 year old, 7 years old
C. 0-8 months
D. 5 years old

_____ 6. Which of the following shows responsible parenthood?

A. physical care
B. child independency
C. child labor
D. cold treatment

_____ 7. What is the smallest unit of society?

A. parents
B. family
C. home
D. brotherhood

_____ 8. Which is the main principle of the Philippine Child and Youth Welfare Code?

A. raise children in the manner they see
B. emotional stability
C. child labor
D. child independency

_____ 9. Which of the following reason why a mother should keep the "baby book"?

A. To record the track of the child's immunization
B. To keep for souvenir
C. For college requirements
D. For senior high requirements

_____ 10. What is the ultimate goal of public health immunization?

A. prevent disease
B. spread disease
C. flatten the curve
D. eliminate the disease

_____ 11. What vaccine that requires updates and continue to protect against disease?

A. Energy
B. Anti-disease
C. Dose
D. Booster

_____ 12. Which of the following should be done if you miss an immunization?

A. “catch up” or re-schedule as soon as possible
B. Decide not to be immunize
C. Re-scheduled next year
D. Twice the dose in re-scheduled immunization

_____ 13. Which of the following minor body reactions in having immunization?

A. Soreness/ redness around the injection site and low-grade fever
B. High fever result to convulsion
C. Vomiting and high fever
D. Diarrhea and high fever

_____ 14. What will you do if a child has an allergic reaction in the vaccine?

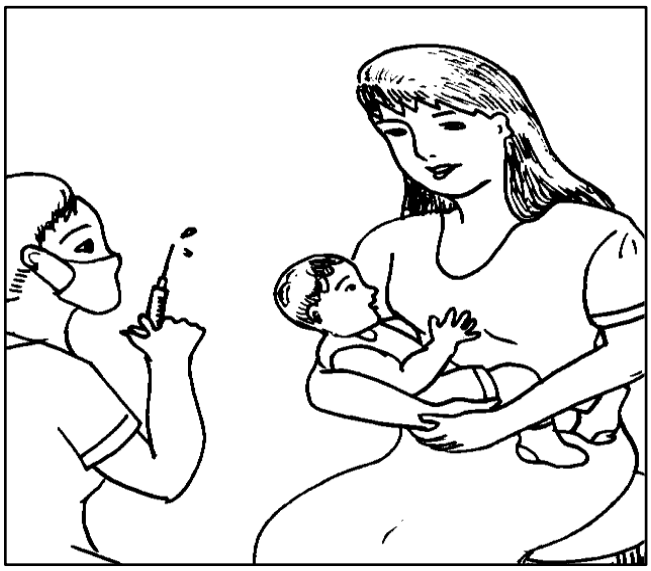
A. Decide not to inform about the allergy
B. Decide not to have an immunization
C. Re-schedule the immunization
D. Inform the doctor/ medical personnel who’s in charge in the vaccination

_____ 15. How long would be the minor body reactions in having immunization?

A. Almost a year
B. Few days only
C. Few months
D. 2 years

Lesson 1 Immunization

Immunization is a proven way to prevent and eliminate life-threatening infectious diseases around the world. A person that has been vaccinated becomes immune or resistant to an infectious disease because vaccines stimulate the body's own immune system to give optimal protection against infections.



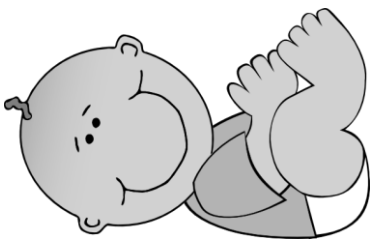
Illustrated by: Ruth B. Elman

What's In

Let us see what you have learned in the previous lesson!

In your activity notebook, write down the needs of the baby.

Baby's needs:



1. _____
2. _____
3. _____
4. _____
5. _____

What's New

Activity 1: Let's Check

Directions: Interview your parents what specific vaccine you received during your childhood. Write it in your activity notebook.

1	
2	
3	
4	
5	

What is It

Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease.

Immunization is a proven tool for controlling and eliminating life-threatening infectious diseases and estimated to avert between 2 and 3 million deaths each year. It is one of the most cost-effective health investments, with proven strategies that make it accessible to even the most hard-to-reach and vulnerable populations. It is clearly effective through outreach activities; and vaccination does not require any major lifestyle change.

Why Should Someone Get Immunized?

The goal of public health is to prevent disease. It's much easier and more cost-effective to prevent a disease than to treat it. That's exactly what immunization aims to do.

Immunizations protect us from serious diseases and also prevent the spread of those diseases to others. Over the year's immunizations have prevented epidemics of once common infectious diseases such as measles, mumps, and whooping cough. Due to immunizations, we have seen the near eradication of others, such as polio and smallpox.

Some vaccines need to be given only once; others require updates or "boosters" to maintain successful immunization and continued protection against disease.

Which Immunization Do We Need?

Because proof of immunization is often a prerequisite for enrollment in school or daycare, it is important to keep you up to date on their vaccines. The benefit of doing this is that you will be protected from the disease that could cause serious health problems. The recommended immunization for children includes:

AGE	**VACCINE**					
At Birth	BCG	Hepatitis B				
1 ½ months			Pentavalent Vaccine 1	Oral Polio Vaccine 1	Pneumococcal Vaccine 1	
2 ½ months			Pentavalent Vaccine 2	Oral Polio Vaccine 2	Pneumococcal Vaccine 2	
3 ½ months			Pentavalent Vaccine 3	Oral Polio Vaccine 3	Pneumococcal Vaccine 3	Inactive Polio Vaccine
9 months						MMR
1 year						MMR

Vaccine: BCG
Protection from: Tuberculosis
When to give: At birth

Tuberculosis (TB) is an infection that most often attacks the lungs. In infants and young children, it affects other organs like the brain. A severe case could cause serious complications or death.

TB is very difficult to treat when contracted, and treatment is lengthy and not always successful. According to the 2020 World Health Organization Global TB Report, the Philippines has the highest TB incidence rate in Asia, with 554 cases for over 100,000 Filipinos.

Vaccine: Hepatitis B
Protection from: Hepatitis B
When to give: At birth

Hepatitis B virus is a dangerous liver infection that, when caught as an infant, often shows no symptoms for decades. It can develop into cirrhosis and liver cancer later in life. Children less than 6 years old who become infected with the hepatitis B virus are the most likely to develop chronic infections.

Vaccine: Pentavalent vaccine
Protection from: Diphtheria, Pertussis, Tetanus, Influenza B and Hepatitis B
When to give: 6,10, and 14 weeks

Diphtheria infects the throat and tonsils, making it hard for children to breathe and swallow. Severe cases can cause heart, kidney and/or nerve damage.

Pertussis (whooping cough) cause coughing spells that can last for weeks. In some cases, it can lead to troubled breathing, pneumonia, and death.

Tetanus causes very painful muscle contractions. It can cause children's neck and jaw muscles to lock (lockjaw), making it hard for them to open their mouth, swallows, breastfeed or breathe. Even with treatment, tetanus is often fatal.

Influenza is an acute respiratory infection cause by influenza viruses which circulate in all parts of the world. Influenza can cause severe illness or death especially in people at high risk.

80-90% of infants infected with **Hepatitis B** during the first year of life most likely to develop chronic infections.

Vaccine: Oral Polio Vaccine
When to give: 6, 10, and 14 weeks

Vaccine: Inactive Polio Vaccine
When to give: 14 weeks
Protection from: Poliovirus

Polio is a virus that paralyzes 1 in 200 people who get infected. Among those cases, 5 to10 per cent die when their breathing muscles are paralyzed. There is no cure for polio once the paralysis sets in.

Vaccine: PCV
When to give: 6, 10, 14 weeks
Protection from: Pneumonia and Meningitis

Pneumococcal diseases such as pneumonia and meningitis are common cause of sickness and death world-wide, especially among young children under 2 years old.

Vaccine: MMR
When to give: 9 months and 1 year old
Protection from: Measles, Mumps and Rubella

Measles is a highly contagious disease with symptoms that include fever, runny nose, white spots in the back of the mouth and rashes. Serious causes can cause blindness, brain swelling and deaths

Mums can cause headache, malaise, fever, and swollen salivary gland. Complications can include meningitis, swollen and testicles and deafness.

Rubella infection in children and adult is usually mild, but in pregnant women it can cause miscarriage, stillbirth, infant death or birth.

At one time or another, each of the diseases addressed by these vaccines posed a health threat to children, taking their lives by the thousands; today most of these diseases are at their lowest levels in decades, thanks to immunizations.

It's important to keep your immunization up to date, but if you miss a scheduled dose, you can "catch up".

What About Immunization Body Reactions?

Today, vaccines are considered safe. As with any medication, they can have body reaction. In most cases, these are usually mild. Most common minor reactions to immunization are:

- Soreness or redness around the injection site
- Low-grade fever

Body reactions like these usually disappear in a few days. In extremely rare instances a high fever, more than 104 F, can occur with a vaccine. Fevers like this will not harm your children.

Children have also been known to have serious allergic reactions to a vaccine. These usually happen very soon after getting the vaccine, and doctors 'offices are well equipped to handle such reactions. If you think your child has or may have an allergy to any component in a vaccine, be sure to share that information with your doctor.

Medical providers agree that the proven preventive benefits of vaccines far outweigh the risk of the minimal body reaction associated with them.

Activity: Draw and Describe

Directions: In your activity notebook, draw the effect of fully immunized person and a person with incomplete immunization during childhood. Describe each drawing below.

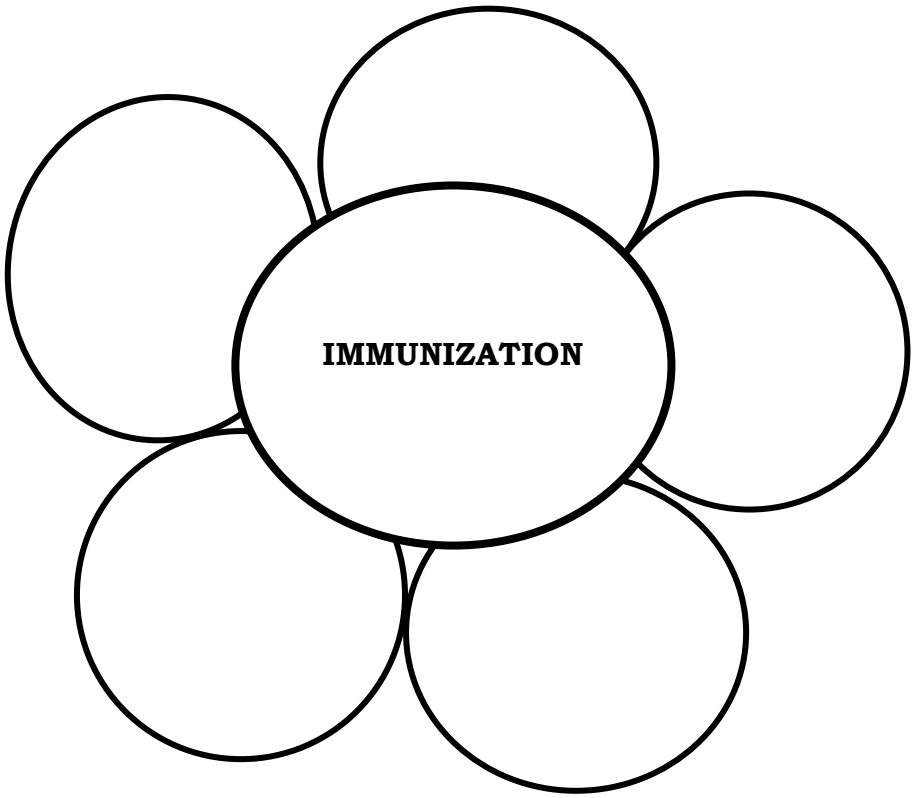
Person with fully immunized during childhood	**Person with incomplete immunization during childhood**

Describe your drawing	Describe your drawing

What's More

Activity: Word Petals

Directions: In your activity notebook, write the importance of immunization in each petal.

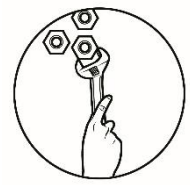


What I Have Learned

1. Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease.

2. Immunizations protect us from serious diseases and also prevent the spread of those diseases to others.

3. It's important to keep your immunization up to date, but if you miss a scheduled dose, you can "catch up".



What I Can Do

A. Directions: Create a slogan campaign about the importance of immunization in our communities. Write it in a short bond paper.

B. Directions: List 5 important reasons why a child did not completed immunization during childhood. Do this in your activity notebook.

REASONS:

1.
2.
3.
4.
5.

Assessment

Directions: Read each question carefully and write only the letter of the correct answer in your activity notebook.

_____ 1. Which of the following should be done if you miss an immunization?

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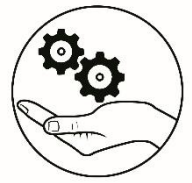

Additional Activities

Talk to your Mama

Directions: Talk to your mom/mama about your "baby book". Share your feelings about it in your activity notebook.

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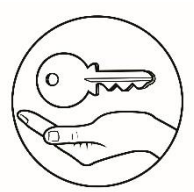

Answer Key

Assessment

1. A
2. A
3. B
4. A
5. C
6. C
7. B
8. A
9. C
10. A
11. D
12. B
13. A
14. A
15. D

What I Know

16. B
17. A
18. C
19. C
20. A
21. C
22. B
23. A
24. A
25. A
26. D
27. A
28. A
29. D
30. B

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