

IMMUNIZATION FOR ALL IS HUMANLY POSSIBLE

IMMUNISATION: BOON OR BANE?

World
Immunisation
Week 2025
24 – 30 April

We are all familiar with immunisation. Yet many of us choose not to get ourselves or our children immunised against certain diseases. This is a grave mistake since the benefits of immunisation are far-reaching and life changing.

Immunisation, achieved through vaccination, is indeed one of the most effective public health interventions in history. It plays a vital role in preventing the spread of infectious diseases, **protecting individuals and communities alike**. From childhood vaccines to adult boosters, immunisation has transformed global health and saves millions of lives every year.

Counting the benefits

It is common knowledge that vaccination delivers certain advantages. These are many and have a significant impact in curbing or eradicating several diseases.

One of the primary advantages of immunisation is the **prevention of diseases**. Vaccines train the body's immune system to recognise and fight specific pathogens without causing the disease itself. This helps individuals build immunity, significantly reducing their risk of falling ill. Diseases such as polio, measles, diphtheria and whooping cough have been greatly reduced or even eradicated in many parts of the world due to effective immunisation programmes.

Another key benefit is a term we have got used to hearing from Covid times – **herd immunity**. When a large percentage of the population is vaccinated, the spread of disease is hindered and becomes limited. This protects those who cannot be vaccinated, such as newborns or individuals with certain medical conditions. **This collective immunity helps control outbreaks and reduces the overall burden on healthcare systems.**



Cost effectiveness is another advantage of immunisation. This is because preventing disease through vaccines is far less expensive than treating illnesses and managing complications. This not only saves healthcare costs but also reduces the economic impact on families.

But that's not all! Immunisation also contributes to **longer life expectancy and improved quality of life**. By preventing illness and its long-term effects, vaccines support healthy development in children and promote productivity and well-being in adults. This leads to healthier societies and stronger economies.

Finally, immunisation supports **global health**. In an interconnected world, diseases can cross borders rapidly. This can be prevented through immunisation. Vaccination campaigns help prevent international outbreaks, supporting global efforts to combat pandemics and emerging health threats.

In short, the advantages of immunisation are clear and far-reaching. It protects individuals from potentially deadly diseases, supports public health, saves money and strengthens global health resilience.