



Immunity and Vaccinations

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A safe return to school starts with your child's health.

1. Boosting immunity with vaccinations:

- Vaccinations train the immune system to recognize and fight diseases by producing antibodies..
- It is essential to ensure that the child has completed his basic vaccination schedule to reduce the risk of severe infection..
- Vaccinations not only prevent infection, but also reduce the severity of the disease if it occurs..
- Ministry of Health organized the vaccination schedule and considered it a basic condition for admission to schools and registration on the "Noor Platform."
- Children's vaccinationsRegistration service on the Noor platformAvailable at Fakeeh Care Group.

2. Routine checkups are important before starting school:

- Make sure your child's hearing and vision are checked, as any problems with these senses may affect his concentration and academic performance..
- Basic blood tests help detect problems such as:
 - o Anemia (pallor/lethargy)
 - o loss of appetite
 - o recurrent infections
 - o Deficiency of some vitamins and minerals

A visit to the doctor before school is an opportunity to ensure that your child is growing properly and free of any health problems that require early intervention.

3. Healthy lifestyle = successful academic year!

- Breakfast is essential before school to fuel the brain and enhance concentration.
- A balanced diet boosts immunity and increases activity.
- Good, regular sleep helps with concentration and growth.
- Physical activity and daily movement reduce stress and improve mood.

4. Hygiene habits protect them from infection:

- Do not touch your eyes, mouth, or nose to reduce the transmission of germs.
- Wash and sanitize your hands regularly and in the correct way.
- They do not share spoons, water, or juices with their colleagues.
- If a colleague is sick, it is best to avoid direct contact.

Final message:

Your child deserves an active start to school, and protection starts with you. Start with screening, vaccination, and awareness... and share a healthy and safe school year with your child.

فقيه.

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