



CareSphere Health Guide: Vaccination - What You Need to Know

Hello friend! 🙌 Vaccines are one of the most effective ways to protect individuals, families, and communities from serious diseases. They help the body build immunity so it can fight infections more effectively and keep you and your loved ones healthy.

At **CareSphere**, we believe everyone should understand how vaccines work and why following recommended vaccination schedules is important for both children and adults in Rwanda. ❤️ This guide will help you understand the basics of vaccination, why it matters for your family, and how to stay protected.

1 Why Vaccination Matters

Vaccines protect people from dangerous diseases that once caused many illnesses and deaths around the world. Thanks to vaccination programs, diseases that once devastated communities can now be prevented with a simple shot.



Protect Children

Safeguard children during their early years of development when their immune systems are still building strength



Prevent Spread

Stop the transmission of infectious diseases through communities and protect those who cannot be vaccinated



Community Immunity

Strengthen community health through herd immunity, protecting vulnerable populations



Reduce Hospital Visits

Prevent severe complications and reduce the need for hospital care and medical emergencies



Did you know? Vaccines help your immune system recognize and fight harmful viruses and bacteria before they can make you seriously sick. Think of it as training your body's defense system!

2 Vaccination for Children

Children are especially vulnerable to infections, which is why early vaccination is very important. Their immune systems are still developing and need extra protection during the first years of life. In Rwanda, children receive vaccines that protect them from diseases such as measles, polio, tuberculosis (BCG), hepatitis B, diphtheria, and whooping cough (pertussis).

These vaccines are usually given at specific ages during the first years of life according to a carefully planned schedule. This timing ensures the best protection when children need it most. The schedule is designed by health experts to work with your child's developing immune system.



Parents should keep a **vaccination card** to track their child's immunization schedule. This small card is one of the most important documents for your child's health. It records every vaccine your child receives and when they should return for the next one.



Tip: Always bring your child's vaccination card to every clinic visit so healthcare workers can update their records and ensure your child stays on schedule.

3 Vaccination for Adults

Vaccination is not only for children. Adults also benefit from certain vaccines throughout their lives. As we age, our immunity from childhood vaccines can fade, and we may face new health risks based on our work, travel, or health conditions. Staying up to date with adult vaccinations is just as important as childhood immunizations.

Tetanus Vaccines

Prevent infection from injuries, especially important for those working in construction, farming, or other physical work. A booster shot is recommended every 10 years.

Influenza Vaccines

Protect against seasonal flu viruses that change each year. Recommended annually, especially for adults over 50, pregnant women, and those with chronic health conditions.

Hepatitis Vaccines

For individuals at risk due to their work, lifestyle, or health conditions. Hepatitis B vaccination is especially important for healthcare workers and those with liver disease.

COVID-19 Vaccines

Reduce severe illness, hospitalization, and death from COVID-19. Recommended for all adults, with booster doses available for continued protection.

Adults should speak with healthcare providers to determine which vaccines are recommended for them. Your doctor can review your medical history, lifestyle, and any previous vaccinations to create a personalized plan. Some vaccines may be required for travel or specific jobs, while others are recommended based on age or health conditions.

4 Safety and Effectiveness of Vaccines

Vaccines undergo extensive testing to ensure they are **safe and effective** before being used in national immunization programs. Every vaccine must pass rigorous scientific testing, clinical trials, and government approval processes. Health organizations like the World Health Organization (WHO) and Rwanda's Ministry of Health carefully review all vaccine safety data.

In Rwanda, all vaccines used in the national immunization program have been proven safe through international standards and continuous monitoring. The benefits of vaccination far outweigh the very small risks of side effects. Vaccines have helped eliminate or greatly reduce many dangerous diseases worldwide, including smallpox, which has been completely eradicated.



Mild Fever

A slight increase in body temperature may occur as the immune system responds to the vaccine



Soreness at Injection Site

Temporary pain, redness, or swelling where the shot was given is normal and usually resolves within a day or two



Feeling Tired

Some people may feel fatigued or have mild body aches for a short time after vaccination

These reactions are usually **normal and temporary**, showing that the body is building protection. Most side effects are mild and go away within a few days. Serious side effects are extremely rare, and healthcare providers are trained to recognize and treat them immediately if they occur.



Did you know? Vaccination programs have helped eliminate or greatly reduce many dangerous diseases worldwide. Thanks to vaccines, diseases like smallpox have been completely eradicated, and polio is close to elimination.

CareSphere Health Challenge

Take a few minutes today to check your family's vaccination status. This simple action could protect your loved ones from serious diseases. Staying up to date with vaccinations protects you, your family, and your community. It's one of the most powerful things you can do for your health.

01

Check Your Child's Vaccination Card

Review the card to ensure all scheduled vaccines have been received. If any are missing, schedule an appointment with your local health clinic.

02

Review Your Own Vaccination History

Think about when you last received tetanus, flu, or other adult vaccines. Keep a record of your immunizations.

03

Visit a Local Health Clinic

If you are unsure about missing vaccines, consider visiting a local health clinic for guidance. Healthcare workers can review your records and recommend needed vaccines.

95%

Effectiveness

Of children fully vaccinated against common diseases

2.5M

Lives Saved

Each year worldwide through childhood vaccination

10+

Years of Protection

Provided by most childhood vaccines when properly administered

Remember that vaccines don't just protect individuals—they protect entire communities. When enough people are vaccinated, it becomes difficult for diseases to spread. This concept is called herd immunity, and it protects people who cannot be vaccinated due to medical conditions or age.

Rely on CareSphere

If you have questions about vaccines, health services, or prevention strategies, **CareSphere is here to support you.** We're committed to providing clear, reliable, and culturally appropriate health information that helps individuals and families make informed health decisions.

Our goal is to provide clear and reliable health information that helps individuals and families make informed health decisions. We understand that health can be confusing, and we're here to help you navigate it with confidence.



Chat with Us

Visit our website anytime for instant support and reliable health information



Call or WhatsApp

+250 790 916 548 - Available during business hours to answer your questions



Email Us

carespheretha@gmail.com - Send us a message and we'll respond promptly

Remember — vaccination is one of the most powerful tools for protecting your health and your community. And whenever you need guidance, **CareSphere is here for you.** ✨