

IT IS NEVER TOO LATE!



Recent outbreaks of meningitis B in Kent, UK, highlight the critical role of timely vaccination in protecting children and communities. Although the meningococcal B vaccine was introduced into the UK's national immunisation schedule in 2015, many children born before its rollout remain unvaccinated and vulnerable.

The **resurgence of measles in US and in other parts of the world** reflects a concerning trend, growing complacency toward routine childhood immunisation. When vaccination rates decline, herd immunity weakens, increasing the risk of outbreaks that can impact entire communities, especially the most vulnerable.

Many parents feel reassured when their child's vaccination record appears up to date. However, immunisation schedules evolve with advancing scientific evidence and changing disease patterns. A child previously considered fully vaccinated may now require additional or catch-up doses. Regularly reviewing vaccination records with a healthcare provider—and bringing the vaccination booklet to clinic visits—ensures alignment with current recommendations.

As parents, we would not travel abroad without insurance or drive a car without coverage. Similarly, ***childhood vaccinations act as a form of "life insurance," a shield protecting them against serious yet preventable diseases.*** Timely vaccination—or catch-up vaccination when delays occur—is essential.

As pediatricians, we must advocate for immunisation, address parental concerns with empathy, and dispel misinformation about vaccine safety. By building trust and providing clear, evidence-based guidance, we empower families to make informed decisions and protect their children at the right time.

***Dr Sathiya Jayapal, Consultant Pediatrician
American Hospital, Dubai
www.drSathiya4kids.com***

For more trusted childcare tips, follow my blog at <https://medium.com/@drsathiya4kids>